

RIDGECREST HERBALS

EST. 1994

ALMANAC

2023
ROOTED

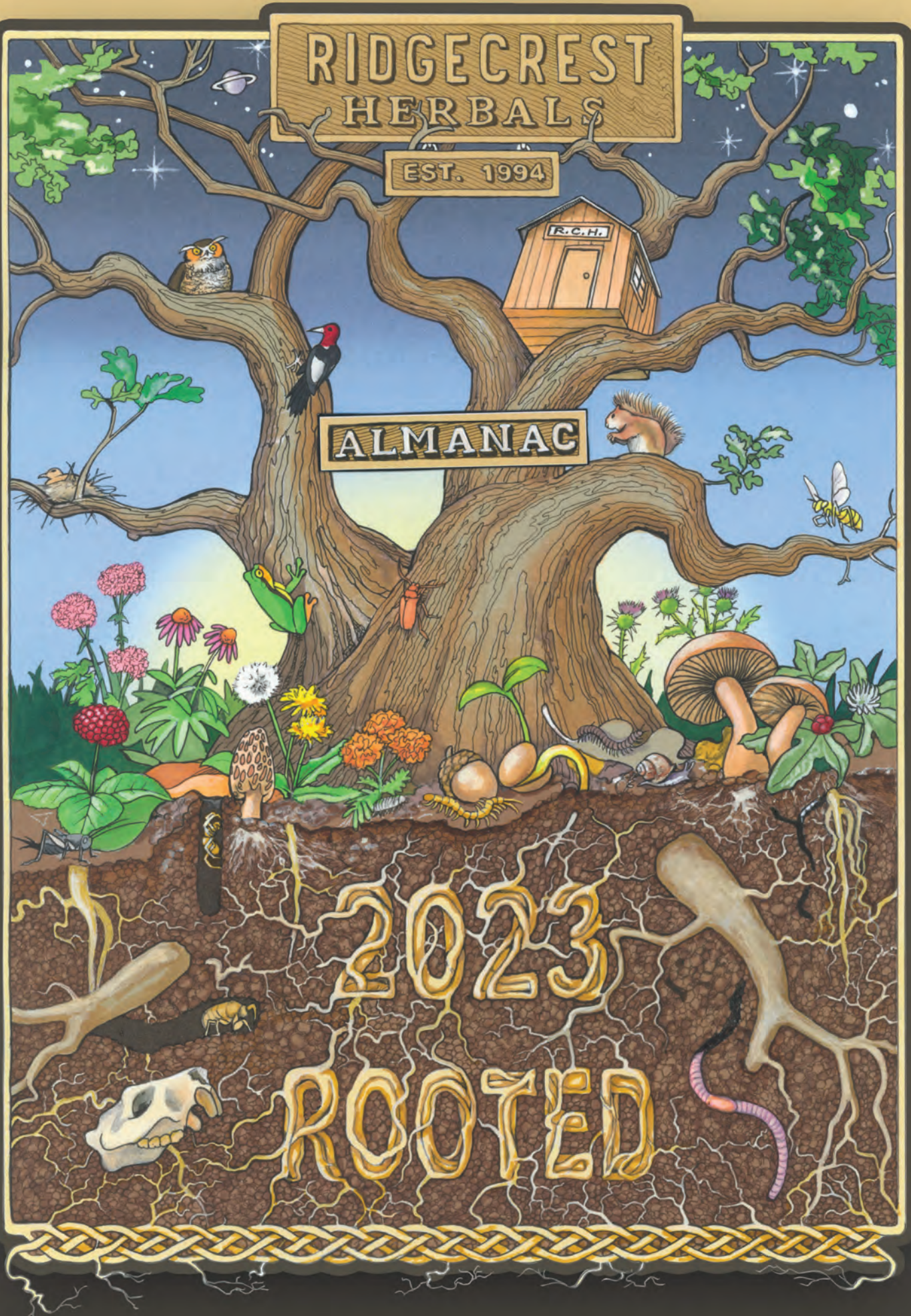


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COVER ART BY CAREL PIETER BREST VAN KEMPEN

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WELCOME TO THE ALMANAC PAGE PUZZLE. IF YOU CAN SOLVE ALL THE CLUES, THERE IS A SPECIAL MESSAGE ON THE LAST PAGE!

Dear Readers,

Welcome to the 2023 Almanac! Our goal in our 8th publication is to bring a little knowledge, life experiences, humor, and passions to you in a beautiful book that you will refer to not just during 2023 but for years to come. We take this seriously and work as individuals and a company to improve the Almanac every year. We see our people grow and learn as they share part of themselves in the Almanac, which we believe makes us better able to serve our customers every year. It has been an adventure this year as we have worked very hard to make our contributions the most valuable to date, it has been a hugely rewarding experience, and we hope it shows.

RidgeCrest Herbals is a unique company. We make some of the best and safest natural remedies to help people. This helps us build a culture in our work home that shows we value the human side of each other. We focus on everyone (you and I) as individuals that have loves, dreams, and a vision of who they can become. We want to provide a safe space for everyone to share themselves with each other and especially you. This builds powerful people and strong citizens in this crazy world. Individuals that would stand up and help when they can, even when it's hard. The messages and articles in this book are sent to you with the best intentions from these, "my" people that I am so thankful to have in my life. Here in this message to you, I want to thank them for being these wonderful people. And thank you for reading, sharing, and pushing these messages along. It is amazing to be part of this project and to be part of RidgeCrest, where our real reward is when we help others lead lives that are a little better, a little more natural, a little more active, and a little more healthy.

Join us in this movement of learning, sharing, and blooming. Then be brave and support others so they can find a place to put down their own roots to grow and bloom. Our world is amazing. It is not said enough, and now, more than ever, is an important time to say it.



With Love,
Will Christensen
CEO & Ginger Beard of Power

MEET OUR TEAM



- MATT -
Herbal Head
Honcho



- MELISSA -
Director of
Operations



- BRITTINI -
Herbal
Gaia



- NICHOLE -
Magical Marketing
Millennial



- SHAE -
Customer
Service Queen



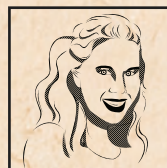
- CHRIS -
Director of
Sales



- SCOTT -
Lord of
Logistics



- MEAGAN -
AR Treasure
Dragon



- ASPEN -
Trainer of Things
& Herbal Autoress



- RAYMOND -
Apprentice Marketing
Magician



- JOSH -
Pixel Pushing
Digital Wizard



- NICK -
Beardless
Techie Mentor



- TARA -
IT Sheep Herder &
Obsessive Analyst



- JORDAN -
Prince of
Packages



- MITZY -
La Jefa
Desposito



- ALLISON -
CSR Enigmatic
Entity



- TYSON -
Sales & Service
Moustache

TROOP SCOOP

"TELL ME WHAT YOUR JOB IS WITHOUT TELLING ME WHAT YOUR JOB IS."



ASPEN: "I go around interrupting everyone's work to tell them a bunch of boring FDA stuff they kind of wish I wouldn't bother them about. I also go around correcting everyone's grammar."

ALLISON: "I get to be obnoxious and overexcited, telling people about things I really believe will help them. Maybe they want to know and maybe they don't, but I'll talk to them either way."

TARA: "I listen to people complain about broken stuff, I ask someone else to fix it, and then I take all the glory."

MATT: "I go around getting surprised by all the stuff that happens while I'm not paying attention."

BRITTINI: "I create FDA-approved potions!"

RAYMOND: "Besides making things look pretty, I'm mostly responsible for bridging the age gap."

MEAGAN: "I harass companies for money they don't think they owe us."

SCOTT: "I put stuff inside of stuff and send the stuff to those who want the stuff inside the stuff."

NICHOLE: "I sell art commercially, spend a bunch of time on social, and am super passionate about telling stories. I also spend a lot of time geeking out about how other brands and apps target my personal interests."

CHRIS: "I deal herbs. You looking for some?"

NICK: "I listen to people, learn about their frustrations and barriers, then help them gain access to the tools and technology they need to shepherd their business goals and dreams into existence."

BLADDERWRACK

FIELD GUIDE

This seaweed, found in cool-water oceans (such as the Black Sea, the Atlantic and Pacific, and the Baltic Sea), was the plant that led to the discovery of iodine. Iodine is an essential mineral necessary for human health, because it is a required building block for the thyroid gland to produce thyroxine. Bladderwrack, along with other saltwater food items like fish, naturally supports thyroid health. It also contains beta-carotene and zeaxanthin, both beneficial for eye support, as well as potassium, bromine, and other nutrients. This is why we include bladderwrack in our award-winning product ThyroNourish™, designed to support daily thyroid health. Bladderwrack is contraindicated for certain prescription medications and diagnosed thyroid conditions, so consult your medical professional if needed.

DIY HERBALIST IDEA

Bladderwrack is a common herb in protection spells. Carry it with you when travelling the ocean to shield yourself from bad luck.



FUCUS VESICULOSUS



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



ADRENAL FATIGUE FIGHTER

Have you tried our Adrenal Fatigue Fighter™? Maybe it's the extra energy the three types of ginseng provide. Maybe it's the Ashwagandha or Holy Basil's adaptogenic properties that help your body manage balanced stress response. Perhaps it is those happy B-vitamins that impact your brain function, energy levels, and cell metabolism. Whatever it is, I can't promise you your co-workers won't groan when you enter the office bright-eyed and bushy-tailed.

Back in 2008, RidgeCrest Herbals wanted to provide our customers with non-jittery support for the body's adrenal system and encourage positive energy and mood. With Asian Ginseng, American Ginseng, and Notoginseng, it's no surprise that Adrenal Fatigue Fighter™ provides sustained energy without the crash, which is why it is a great option for your morning routine to set yourself up for success every day. Ginseng is the Regina George of the herbal world - everyone's talking about it. Ginseng even has its very own peer-reviewed scientific journal, *The Journal*

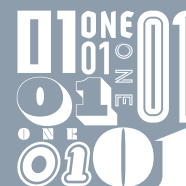
of Ginseng Research, which has 46 volumes and hundreds of peer-reviewed articles studying the use of this amazing herb on everything from gut microbes to neurological function.

Adrenal Fatigue Fighter™ is safe with other herbs and medications and is non-habit forming. Because of the ginseng, it's best taken in the morning as it could affect your sleep if you take it too late in the day. If you are taking B-vitamins in any other supplements you will want to check your dosage, as too much can cause flushing.

Lifestyle changes can help you manage stress, and help Adrenal Fatigue Fighter™ in its mission to help you move through life without feeling overwhelmed by the little things that can get you down. Try exercise you actually enjoy, incorporating healthy food and cooking into your daily routine, getting to bed earlier, meditation for refocusing and increasing oxygen to your body, and positive social engagement.

WHEN WAS JANE (A)USTEN'S LAST BOOK PUBLISHED? _ _ _ _

JANUARY | 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>New Year's Day</i>	2 NATIONAL SCIENCE FICTION DAY	3 FESTIVAL OF SLEEP DAY	4 <i>World Braille Day</i>	5 NATIONAL BIRD DAY	6 <i>National Cuddle Up Day</i>	7 ORTHODOX CHRISTMAS
8 NATIONAL BUBBLE BATH DAY	9 <i>National Static Electricity Day</i>	10 <i>National Houseplant Appreciation Day</i>	11 NATIONAL HUMAN TRAFFICKING AWARENESS DAY	12 NATIONAL PHARMACIST DAY	13 KOREAN AMERICAN DAY	14 <i>World Logic Day</i>
15 NATIONAL HAT DAY	16 MARTIN LUTHER KING JR. DAY	17 KID INVENTOR'S DAY	18 NATIONAL THESAURUS DAY	19 <i>BREW A POTION DAY</i>	20 <i>National Cheese Lover's Day</i>	21 NATIONAL HUGGING DAY
22 <i>National Hot Sauce Day</i>	23 NATIONAL PIE DAY	24 <i>National Compliment Day</i>	25 <i>Opposite Day</i>	26 NATIONAL GREEN JUICE DAY	27 INTERNATIONAL HOLOCAUST REMEMBRANCE DAY	28 <i>National Daisy Day</i>
29 <i>National Puzzle Day</i>	30 <i>National Croissant Day</i>	31 <i>National Backward Day</i>	<p>"Wiggle words: words of uncertainty and which lack commitment. These often get us into communication trouble because they can mean different things to different people, such as "I'll see you in a few" or "It'll only take me a little bit." "Few" is how much time? Is that a few days? A few minutes? Is a "few" seven minutes or is it thirty? Other words: might, probably, possibly, maybe, try, should, could, etc." - Nichole</p>			



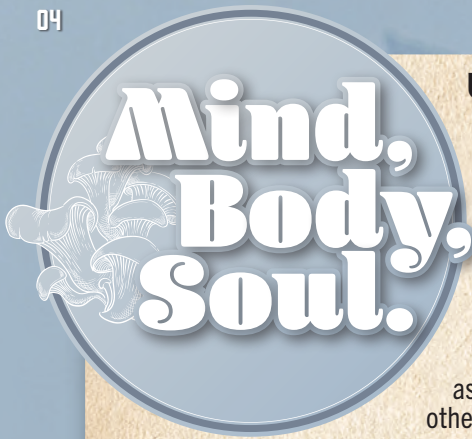
HEALTH INDUSTRY HEROES

- LANKATO MONK FRUIT -

Monkfruit (or the immortal fruit) is small fruit that's been used since the 13th century in Eastern Medicine. Today it is being used as a no-calorie sweetener, about 250 times sweeter than sucrose. I love baking and am always trying to find healthy alternatives. When I found Lankato Monkfruit sweeteners, I was super excited. They have a zero-emissions processing plant, work towards sustainability, and are based in Orem, Utah. They have a classic sweetener to replace granulated sugar, golden to replace brown sugar, baking mixes, and other great products like syrup and peanut butter cups.

-BRITTINI | HERBAL GAIA

----- IS CONSIDERED THE GREATEST CYCLIST TO EVER LIVE



USING INCLUSIVE LANGUAGE

- Aspen | Herbal Authoress

As a single mom, I know what it is like to be stereotyped, and to have people make assumptions about you. Well, you know what they say about assuming!

When you don't fit the mold, little assumptions can stick out to you in ways others might not notice. They can eat away at your confidence and sense of belonging. This is where inclusive language comes in. Using inclusive language simply means you attempt to treat everyone with respect by avoiding assumptions and stereotyping. It's basic courtesy. Here are some examples of small shifts in language that can make a big difference to someone who wants to feel like they belong just as much as you do:

INSTEAD OF	USE	BECAUSE
Husband/Wife/Spouse	Partner	Not all people in committed relationships are married or married to people of the opposite sex.
"Mommy/Daddy" (to kids)	"Your Grownup"	Not all kids live with their parents or in nuclear families.
Female	Woman	"Female" is a biological term referring to reproductive organs. Not all women have them, including trans women and women who have had surgeries to remove them.
Homeless People	People experiencing homelessness, the unhoused	Homelessness is something that happens to someone, it is not who they are.
Addict	Someone struggling with addiction	Addiction is something that happens to someone, it is not who they are
Overweight/Obese person	Person of Size/Fat Person (with permission)	These acceptable terms are descriptors rather than comparisons. "Fat" should only be used in a morally neutral, non-judgmental way and with permission, as many fat people still struggle with internalized fatphobia.
Pregnant Woman	Pregnant Person	Some people who may not consider themselves women can be pregnant.

WEIRD, WILD & WONDEROUS



ANGKOR WAT

- Melissa | Director of Operations

Built by the Khmer Empire between 802 and 1220 AD, the temples at Angkor Wat, Cambodia — and the great city surrounding them — represent one of humanity's most astonishing and enduring architectural achievements. Today's structures are the surviving remains of a grand religious, social, and administrative metropolis. Satellite photographs show Angkor Wat as the largest preindustrial city globally, with an urban sprawl of 3,000 square kilometers that supported one million people. Mysteriously abandoned in the 15th century, the site remained cloaked by jungle growth until the end of the 19th century, when archaeologists embarked on a lengthy restoration process.

One of Angkor Wat's most famous temples is Ta Prohm. As a monument to the kingdom of the trees, Ta Prohm is well known for showing up in movies like Tomb Raider. Ta Prohm was intentionally not fully restored to demonstrate how the ruins of Angkor Wat were initially found. It was felt that the trees growing through the building were beautiful and ethereal and should be preserved. The trees growing through the temple are either a banyan or kapok (also called silk cotton tree) variety, with a parasitic tree growing on other trees called the strangler fig; its growth depends on the death of other trees. The Angkor Wat complex is built with porous sandstone and allows the trees to extract water from the stones. Ta Prohm is the site of the jungle's battle for control of these buildings.

Angkor Wat is a site for other conflicts as well. In the 1970s, it was a site of fighting with the Khmer Rouge. You can see bullet holes and signs to keep you on the indicated path due to landmines placed around the temples. Recent reports have stated that Angkor Wat was abandoned due to massive flooding and a severe drought.



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

SHIA LABOUF PLAYED _____ IN A 2003 MOVIE ABOUT BURIED TREASURE

USING TECHNOLOGY FOR YOUR HEALTH

In 2023, health and wellness are literally at our fingertips. While the natural health industry preaches unplugging from technology, perhaps we should consider using technology wisely for our benefit instead. Our smartphones, watches, rings, and pedometers give us easy access to daily data that can be used to improve our health.

WHICH TECH IS BEST?

The best tech is the one you will consistently use. Smartwatches such as Fitbit, Apple Watch, and Garmin are great, but if you don't like watches, the Oura Ring and others like it are great for recording all the personal health data you need. While a myriad of health details can be tracked, from mental health and menstrual cycles to bowel movements and oxygen levels, let's take a look at the most basic yet essential data to monitor:

MOVEMENT

Making your daily goal of 10,000 steps is a fun challenge that can feel like a game. Allow technology to keep track of your steps and check it periodically throughout the day. It has been shown to increase energy levels, improve mood, cognition, memory, and sleep, strengthen the immune system, and reduce stress and tension. While you are getting in your steps, your body and mind benefit greatly.



SLEEP

Aim for 7-9 hours of sleep every night, depending on your age. Ideally, it is best to sleep between 10pm-7am. Tracking your sleep can be helpful to determine if you are hitting the optimal number of hours needed to maintain wellness. These trackers can determine the stages of your sleep cycle, such as light, REM, and deep sleep. While they aren't 100% accurate, it provides a good picture and can help determine next steps towards restful sleep. If you're looking for tips to improve sleep, you may reference my 2020 Almanac Article, "Get Some Sleep."

HEART RATE

Determine what your resting heart rate is. Keeping track of your heart rate can help you stay inside the fat-burning zone while exercising. First, determine your Max Heart Rate ($MHR = 220 - \text{Age}$), so someone at age 40 will have an MHR of 180 beats per minute (bpm). The ideal fat-burning zone is 60-70% of your MHR, so at age 40, it would be 108-125 bpm. Your heart rate determines whether to burn carbohydrates or fat. With high-intensity exercises, your heart rate is near your MHR, so the body will burn carbs since it needs the fuel to keep up quickly.

STRESS LEVELS

Some trackers can help measure stress metrics, such as your heart rate variability (HRV), which measures the time intervals between heartbeats. HRV can vary and be influenced by numerous factors such as diet, sleep quality, age, gender, metabolism, hormones, and genetics. These small fluctuations can help you understand how outside factors can affect your stress levels. When we use these trackers to improve our daily choices, we experience an increase in dopamine, a mental reward for our dedication to health.

PHONE APPS FOR WELLNESS

Little daily choices can add to significant emotional and physical well-being. Many apps can help with this, including:

My Fitness Pal and other food journals are great ways to track all the food you consume each day. This will help you determine if you are hitting your daily macros of protein, fat, and carb requirements. Think about teaming up with a buddy on the app to help keep you both accountable.

Habit trackers are apps that help you build good habits and stay consistent with subtle reminders. They can help make your goals feel more attainable in smaller steps. You can use this for personal health habits such as drinking enough water, flossing, exercising, and meditating.

Use a calming app for mental wellbeing. Using an app like this isn't replacing the need for a therapist or psychologist. But these apps are a great way to check in with your emotions and brings some balance back to your life. Whether it's 10 minutes or an hour, small, conscious meditating breaks can bring peace and clarity to help you address the stressors in your life in a more manageable way.

CONCLUSION

Our smart devices can play a big part in helping us achieve the state of wellness we all desire. They can help us collect data, analyze statistics, and make adjustments necessary to our health. These devices can be our health coach, sending us reminders and giving updates to help us maintain the dedication and persistence needed to help our bodies thrive. Develop a routine to be your best self. You are worth it. Use technology to improve your health instead of letting technology use you.



- Chris | Director of Sales

TOP 5 SUPPLEMENTS EVERYONE SHOULD TAKE

-Nichole |
Magical Marketing
Millennial

Have you ever been confused about which supplements are the most important? Is it resveratrol this week? Collagen? CBD? After years of managing a supplement store, I believe there are five supplements that are crucial for your health. Let's discuss what I call the "Vital 5."

ESSENTIAL FATS: OMEGA-3 & OMEGA-6

Omega-3 and Omega-6 are essential fats. You have to consume them. To learn more, read *Fats that Heal, Fats that Kill* by Udo Erasmus. The best sources of omegas are fish-based due to their high polyunsaturated fat content (PUFAs). There are also plant solutions, but they have several drawbacks so I recommend sticking with fish-based unless you are vegan. Ideally, adults should be consuming at least 5 grams (5,000 mgs) of Omega-3 and -6 daily, with a minimum of 1 to 2 grams (or 1,000 to 2,000 mgs).

What do I look for?

Look for EPA and DHA content. You want at least 600 mg of EPA and DHA combined. EPA is most beneficial for supporting a balanced inflammatory response and is great for cognitive function. DHA helps improve electrical and signal transfer from the brain, making it great for eye health, nerves, heart health, and immunity. Your fish oil shouldn't smell "fishy." It shouldn't make you burp unless you lack a gallbladder/digestive enzymes, and companies should readily provide you with heavy metal testing analysis if you request it.

Favorite brands:

Udo's oil (V), Barleans (V), Nordic Naturals (V), Wiley's Finest

MINERALS:

Minerals are crucial for meeting your nutritional needs. Desertification and monocrops have depleted the nutrients available in our food, so supplementation is essential. There are two main categories of minerals: macrominerals and microminerals (or trace minerals). Macrominerals include calcium, chloride,

magnesium, phosphorus, potassium, sodium, and sulfur. Trace minerals include but are not limited to chromium, copper, fluoride, iodine, iron, manganese, molybdenum, selenium, and zinc.

What do I look for?

Look for products that use quality minerals (i.e. magnesium citrate or glycinate is leagues better than magnesium oxide on a cellular level, but also is more gentle on the body), are plant sourced or paired with plants where possible (algae calcium > calcium carbonate), and lack unnecessary fillers and preservatives. Ideally, the brand is also reputable with proper quality controls.

Favorite brands:

Trace Minerals' Concentrace
MacroLife Greens (my kids love the kids one!)
MegaFood's Balanced Minerals
Dr. Christopher's Vitalerbs
Salus Haus
Floradix Epresat (liquid)

MULTIVITAMINS

Multivitamins contain essential nutrients that are important and required for your health. The trick to picking a multivitamin is the quality of nutrients. Food-based is always best.

What do I look for?

Your best vitamins will be made of whole foods. The better ones will consist of food-based and vitamin isolates, and your good category will typically consist only of vitamin isolates. Avoid multivitamins with fillers such as magnesium stearate, food dyes, BHT, gelatin, talc, titanium dioxide, zinc oxide, corn starch, modified cornstarch, sodium molybdate, sodium selenate, manganese sulfate, and polyvinyl alcohol.

Favorite Brands:

Good: Source Naturals, Solaray, Now
Better: Irwin Naturals, Rainbow Light, Nature's Way
Best: MegaFood, NutriGold, New Chapter, Dr. Christopher's Vitalerbs
For kids and teens: ChildLife, Rainbow Light, Smarty Pants, New Chapter, Nordic Naturals, MegaFood, Nature's Way

PROBIOTICS

The emerging research about the microbiome and how it affects and modulates cellular function demonstrates how critical gut health is. Probiotics modulate immune function, mental health, digestive health, energy, stress, and nutrient balance.

What do I look for?

Supplements are required to deliver the amount of probiotics claimed on the package up until the expiration date. Look for one that yields a minimum of 10-billion units per capsule. If budget is a concern, or if you tend to forget your refrigerated probiotics, shelf-stable probiotics are a great choice.

Favorite brands:

RidgeCrest Herbals Intelligut™, Just Thrive, Renew Life, Flora, MegaFood
For Kids: Smarty Pants, UP4, Rainbow Lightone!,
MegaFood's Balanced Minerals,
Dr. Christopher's Vitalerbs,
Salus Haus
Floradix Epresat (liquid)



**If you are
going to
supplement
your lifestyle,
these Vital 5
are where
you start!**

IF YOU	TRY
Have food sensitivities	Digest Spectrum by Enzymedica, Devigest by Arthur Andrew Medica
Are missing a gallbladder or have trouble digesting fats	Lypo Gold by Enzymedica
Have chronic colon health concerns	Digest Gold by Enzymedica
Need a daily enzyme support product	Source Naturals Daily Essential Enzymes American Health's Original Papaya Enzyme Digest Basic by Enzymedica

TOM _ _ _ _ PLAYED THE ORIGINAL DOCTOR IN THE BRITISH SCI-FI TELEVISION SHOW DR. WHO

WINTER NOURISHMENT



WHAT DOES YOUR GARDEN NEED FOR NOURISHMENT THIS SEASON?

-Melissa | Director of Operations

KEEP IN MIND THE 5 P'S OF WINTER GARDENING:

PRUNING: Winter is a time you can view the bones or structure of your garden. It is an ideal time to prune, especially evergreen trees, woody shrubs, fruit trees, and roses. Just leave those spring-flowering shrubs alone until they have finished blooming in the spring.

PLANNING: Now is the time to finalize your garden plan. To maximize your garden harvest, consider how many plants and seeds you may need to include. Inspect any bulbs or tubers you have overwintered and remove any soft or rotten bulbs.

PERFECTING: Consider taking time to correct problems you may have in your garden. These may include drainage issues, inspecting trees for damage or disease, getting a soil sample test done to know your fertilizer needs, or issues like soil salinity.

PREPARATION: Take time to inspect your tools. If you haven't already cleaned them, do so. Clean your gloves, gardening shoes, and pots to ensure they are ready when you are.

PRECIPITATION: If natural rainfall or snow is sparse in your area and the ground is not frozen, water evergreens and shrubs to ensure they are well hydrated all winter.

WHAT DOES YOUR SOUL NEED FOR NOURISHMENT THIS SEASON?

-Shae | Customer Service Queen

Winter is about survival. Just as most of the natural world is in hibernation, our spirits crave time to snuggle into the warmth of blankets and fires, curl up with good stories (books or movies), and self-reflect and journal. Winter is a time to go within. It is a time to dig deep and find what you are made of. Let yourself rest, be bored, and do nothing. Winter is not a time to be productive. Most of us don't like winter, and we have been taught to dislike it. We fight it. In fighting it, we lose out on winter's message for us. We lose out on the healing it can provide. Winter won't last forever; our task is to get through it as comfortably as possible. The nourishment our souls need is to allow the season to provide relaxation and reset. Our souls crave dark, cold seasons to rest and reflect. Take this time to journal, to observe, and to slowly contemplate. Allow your mind to just be, dive into meditation, sleep longer, and nest.

Journal Prompt: "Reflecting over the past year, where do I hold myself back in life?"

"Plants and animals don't fight the winter; they don't pretend it's not happening and attempt to carry on living the same lives that they lived in the summer. They prepare. They adapt. They perform extraordinary acts of metamorphosis to get them through. Winter is a time of withdrawing from the world, maximizing scant resources, carrying out acts of brutal efficiency, and vanishing from sight; but that's where the transformation occurs. Winter is not the death of the life cycle, but its crucible."

- Katherine May

WINTERING: THE POWER OF REST AND RETREAT IN DIFFICULT TIMES

WHAT DOES YOUR BODY NEED FOR NOURISHMENT THIS SEASON?

-Nichole | Magical Marketing Millennial

Nourishment in winter is about conserving energy and preserving health. It's a time to rest and recuperate or even hibernate. It's time to enjoy the fruits of your labor and deeply nourish your body's bones, muscles, joints, and systems. Our bodies rely on nutrition during the winter season. We are usually short on vitamin C, zinc, folate/folic acid, and vitamin D, which can all be found in the winter variety of foods listed below. As with any season, it's essential to ensure you're eating local varieties relevant to your location whenever possible.

BEETS	BROCCOLI	CAULIFLOWER
GRAPEFRUIT	KALE	LEEKs
LEMONS	ORANGES	PARSNIPS
TANGERINES	WINTER SQUASH	CABBAGE
SPINACH	SWEET POTATOES	ARUGULA
CELERY	MUSHROOMS	LETTUCE
ARTICHOKES	AVOCADO	BONE BROTH
BUTTER	ORGAN MEATS	SOURDOUGH

WHAT DOES YOUR COMMUNITY NEED FOR NOURISHMENT THIS SEASON?

-Raymond | Apprentice Marketing Magician

Every winter, my neighborhood gets a lot of snow because we're up against the mountains. My street is also on an incline, with parking on both sides. When the snowplows come down the middle of the road, everyone's cars get buried. When it snows, a handful of people on my street go out around midnight, after most of the snow has fallen, and make sure everyone who is parked on the street has a path and won't get stuck in the morning. I joined them last winter and learned they are actually the neighborhood watch — because there is so little crime in the area, they focus on helping the community in other ways, such as shoveling snow and raking leaves. They clearly enjoy being helpful and I hear from them often. I couldn't ask for better neighbors!





SAMUEL H. BOARDMAN CORRIDOR // OREGON
© ABBIE WARNOCK MATTHEWS

WINDOW OF WANDERLUST

WORDSWISDOM

Allison | CSR Enigmatic Entity

"Namaste means that my soul acknowledges yours - not just your light, your wisdom and your goodness, but also your darkness, your suffering and your imperfections. It is a recognition and acceptance of the inexplicable divine absurdity, the miraculous woven into the ordinary and light and darkness intimately entwined in magical, messy humanity. It means that I honor all that you are with all that I am. So, Namaste my fellow travelers." - L.R. Knost

After attending numerous yoga classes, I realized I didn't fully understand the meaning of Namaste at the end of each class. I looked up the definition and came across this quote. The truth that we are all together in this world has really stuck with me. So be kind and understanding to others — we are in this together.

HOMESPUN

The Benefits of a Hot Toddy

One of my favorite wintertime drinks is the classic hot toddy. It's warm, delicious, and — in my opinion — it makes any cold evening more enjoyable. This delightful concoction consists of hot water, lemon, honey, cinnamon, cloves, and whiskey. There are many different variations, some using tea or apple cider and various spices, but the classic is my favorite.

An added benefit of the hot toddy is that the ingredients may help alleviate some common cold symptoms. I discovered this for myself accidentally when I was preparing for a large family and friends dinner and suddenly found myself with a sore throat, stuffy nose, and cough. It was too late to cancel the dinner and taking cold medicine always made me sleepy, so I followed the advice of my elderly neighbor and whipped up a hot toddy cocktail.

Now that you know the benefits of this delicious cocktail, I now hope you will try it even if you aren't sick. Please enjoy my personal hot toddy recipe. Happy sipping!

RECIPE

- 1 cup boiling water
- 1 wedge of lemon (or 1/2 tbsp lemon juice)
- 1 tbsp honey (local if possible)
- 1 cinnamon stick
- 1 tsp whole cloves
- 1 1/2 ounce whiskey



Add the cinnamon stick, cloves, and lemon to boiling water and steep for 3-5 minutes. The cloves can be left in or removed before the next step. Be careful when drinking if you leave them in as they are small and can be swallowed. Add remaining ingredients and stir until combined.



-Tara | IT Sheep Herder
& Obsessive Analyst

While I wasn't magically cured, it alleviated my sore throat and stuffy nose enough so I could enjoy dinner with my family and friends. Having a second one before bed put me right to sleep. Now, when the cold and flu season comes around, I make sure I have my hot toddy ingredients gathered and ready just in case.

Some may think, "How can there be benefits to drinking alcohol while sick?" After all, this is a whiskey-based cocktail. My answer is simple: Don't be so quick to judge. As with anything, too much is not good for you. In moderation, however, even whiskey has its unique benefits.

Let's take each ingredient and review their benefits:

HOT WATER – Hydrating and soothing, hot water can help alleviate nasal congestion and warm you up when you're feeling chilly.

LEMON – Full of Vitamin C and antioxidants, lemon can help boost your immune system.

HONEY – A good source of antioxidants with antibacterial properties that can help support immune response. Honey is also a great natural cough suppressant recommended for children over one year old by The World Health Organization and the American Academy of Pediatrics.

CINNAMON – Containing large amounts of highly potent polyphenol antioxidants with anti-inflammatory effects, cinnamon also has antibacterial properties that may help support immunity.

CLOVES – High in antioxidants such as eugenol, cloves can help reduce oxidative stress and also have antimicrobial properties that can attack bacteria.

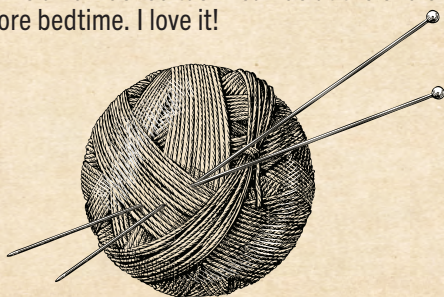
WHISKEY – Because it dilates blood vessels and capillaries and helps with circulation, whiskey can make it easier for mucus membranes to fight infection; it serves as an excellent decongestant when not overindulged. It's an antiseptic and numbing agent on tonsils which will help soothe a sore throat. Alcohol is also excellent at killing germs.

CREW CRAZE NEEDLEPOINT

-Aspen | Trainer of Things & Herbal Authoress



Last year I turned 40. While that may technically be my initiation into official middle-aged spinsterhood, I feel like I indeed became a middle-aged person several months before my birthday. I was tired of multitasking with mind-numbing games on my phone and thought it would be nice to create instead. I ordered a needlepoint design and a kit and, carefully referring to the instructions on making the different stitches, created my first needlepoint since junior high school. The real kicker was that, several weeks in, I realized I couldn't see the pattern well enough and had to purchase a pair of reading glasses with tiny rechargeable LED lights. After that, I found needlepoint to be just what I wanted. It's calming and meditative, it requires focus but not a lot of thinking, and it gives me an unrushed task I can do at the end of the day before bedtime. I love it!



J U J U B E F R U I T

F I E L D G U I D E

Jujube fruit has been used in traditional Chinese medicine for over 3,000 years, and with good reason. This red date is full of vitamins and minerals, antioxidants, and has been used to promote peaceful sleep for generations. In addition, research indicates its potential benefit for occasional sleeplessness due to feelings of anxiousness. Careful, though: in larger doses, it's also been used to help relieve constipation. Also known as *Ziziphus jujuba*, this flowering shrub or tree could be a unique addition to your orchard. It provides apple-textured fruit not many people are familiar with, though it is more common as a shade or accent tree. Jujube fruit is high in fiber, so it can be a great snack if you are looking for a fruit low on the glycemic index.

DIY HERBALIST IDEA

*Combine ginger,
cinnamon, and jujube
for a delicious tea.*



ZIZIPHUS
JUJUBA



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



PHYSIQOL DAILY MOBILITY SUPPORT

Sometimes you know things in theory until you hit a point when you know them from experience. For example, I've always known that as you get older, you have to be more proactive about your health, especially when it comes to physical movement. I've always heard that, but let me tell you, I have started to feel that this past year. Now that I am grappling with the realization that the descriptor "middle-aged" is no longer my future but my present, I am starting to realize just how many ways your body can feel like crap at any given moment.

That's why I'm so glad RidgeCrest Herbals has a supplement like PhysiQOL™, an herbal and nutritional formula that goes beyond the usual turmeric supplements that flood the current market. Now that I am starting to feel the age of my body, it's fantastic to have a joint mobility support product in my cabinet that helps me forget that I've been quoting *The Emperor's New Groove* for 23 years now ("NOOOO TOUCHY!!!").

With three separate industry awards under its belt, PhysiQOL™ may be RidgeCrest Herbal's best-kept secret bullet for just feeling good in your body daily. PhysiQOL™ is a non-habit-forming, all-natural formula designed to help manage everyday muscle comfort on multiple levels. It can help reduce inflammation due to regular exercise and physical overexertion and contains an eclectic variety of effective ingredients used in Ayurvedic Medicine, TCM, and Western Herbalism. PhysiQOL™ is designed to help people dealing with mild to moderate discomfort get back to doing their daily activities and hobbies. Combining herbs that support a balanced inflammatory response, PhysiQOL™ also promotes feelings of calm. It is a go-to for anyone looking for a natural, non-addictive discomfort management solution, whether that discomfort is physically in your body or the mental anguish you experience seeing your high school Facebook friend is about to be a grandma.

----- WAS DIVORCED 3 TIMES ON THE TELEVISION SHOW FRIENDS

FEBRUARY | 2023

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SUN MON TUE WED THU FRI SAT

"When baking and the recipe calls for sticky ingredients like molasses and honey, instead of filling a measuring spoon, use the spoon to make a indentation in the dough and add the ingredients into the divit created." - *Melissa*

2
Groundhog Day3
Feed the Birds Day4
ROSA PARKS DAY5
NATIONAL WEATHER-PERSON'S DAY6
National Frozen Yogurt Day7
*National Frozen Yogurt Day*8
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PLUTO DAY19
INTERNATIONAL TUG OF WAR DAY20
PRESIDENT'S DAY / MARDI GRAS21
SQUIRREL APPRECIATION DAY22
World Thinking Day23
CURLING IS COOL DAY24
NATIONAL COMPLIMENT DAY25
*National Opposite Day*26
*National Pistachio Day*27
World Non-governmental Organization Day28
RARE DISEASE DAY

"You can marry more money in five minutes than you can earn in a lifetime."
- *Aspen's Mom*

"Anyone who marries for money EARNs it."
- *Matt's Dad*

"You can marry a rich man as easy as a poor man."
- *Britt's Mom*



HEALTH INDUSTRY HEROES

-PRIMALOFT-

In 1983, PrimaLoft's former parent company, Albany International Corporation, was approached by a US military laboratory to develop insulation similar to down feathers. Fast forward to 2007, when PrimaLoft introduced its first product containing post-consumer recycled content. In 2016, they introduced synthetic insulation containing 55% post-consumer recycled content. And in 2018, they announced three products containing 100% post-consumer recycled content and synthetic insulation using biodegradable fibers. Thanks to PrimaLoft, we enjoy insulation to protect our armed forces and civilian adventurers alike from harsh, wet climates while providing sustainable products for a better environment.

-SCOTT | LORD OF LOGISTICS

IN 2021, KIM KARDASHIAN STARTED DATING SNL'S _____ AFTER THEY SHARED AN ON-SCREEN KISS



HOW TO FEEL YOUR FEELINGS

-Shae | Customer Service Queen

Emotions are neither good nor bad. They are messengers. The body stores emotions until they are fully processed. Over time, unprocessed feelings start to manifest physically, surfacing as stress, tension, or even ailments. Ancient traditions have known this truth for a long time: to process feelings, we have to feel them. We can't ignore them and hope they will just disappear.

First, we need to understand what emotions are. To do that, we need language to define and name them. When we name something, we make it more real and easier to communicate about. Look up emotions and their definitions. In *Atlas of the Heart*, author Brené Brown lists 87 emotions, detailing each with definitions. Knowing which emotion you are feeling when you're feeling it helps immensely when it's time to process it.

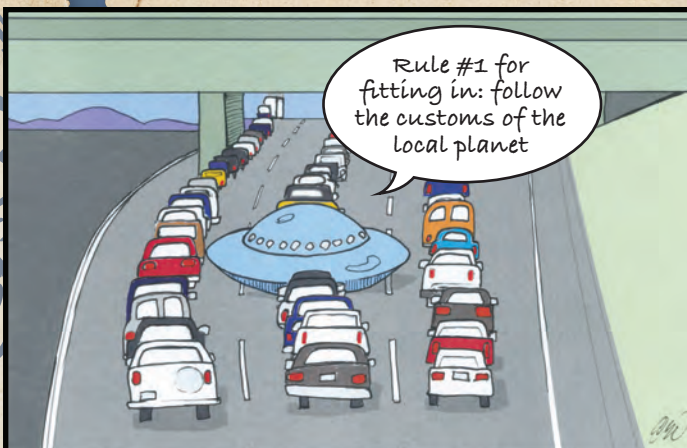
Locate the feeling in your body. Where in your body is the feeling, and what does it feel like? Does it show up like a ball of tightness in your stomach when you are anxious? When you are heartbroken, does it show up as a deep, sinking pain in your chest?

When you have a feeling or work with a difficult memory, sit with your body, breathe, and listen. Ask yourself questions, like "Where am I feeling this?" and "What does it feel like?" Take note of the memories and thoughts that come up. What are the voices in your head saying? Write about it in your journal. Be patient with yourself. Remember: working with stored emotions and dealing with the memories that come up can be terribly difficult.

Treat each emotion you experience as a friend who is visiting for tea. Allow them to come in and sit awhile, talk with you, teach you, and then let them go when you have heard their message. Whatever you do, don't invite them to move in with you and overstay their welcome.

The only way out is through.

-ROBERT FROST



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

WEIRD, WILD & WONDEROUS



THE MANY COLORS OF BLOOD

-Chris | Director of Sales

Animal blood comes in a variety of colors, including yellow, blue, green, and purple. You can trace each to the unique plasma protein molecules that carry essential nutrients throughout their bodies. Different proteins produce different colors, yet it is sometimes only revealed when blood has been exposed to oxygen.

LET'S TAKE A LOOK AT EACH BLOOD COLOR:

Red Blood: Humans, most vertebrates

Protein: Hemoglobin

Humans have higher iron hemoglobin concentrations, making their blood red when oxygenated. You may wonder why blood is red when veins look blue — blue light doesn't penetrate the skin deeply, so that is the color reflected back to our eyes.

Yellow Blood: Beetles, sea squirts, sea cucumbers

Protein: Vanabin

Blood with a high concentration of vanabin contains vanadium and turns yellow when oxygenated. While scientists have yet to unravel its purpose, they have discovered it doesn't aid in the transport of oxygen throughout the body.

Blue Blood: Spiders, octopuses, squids, lobsters, crabs

Protein: Hemocyanin

Usually, these creatures have colorless blood. But when the copper in their blood protein is exposed to oxygen, it turns blue. The protein floats freely in plasma instead of being carried by red blood cells.

Green Blood: Some lizards, most annelids, including marine worms, segmented worms, leeches

Protein: Chlorocruorin

These creatures have a unique protein in their blood which gives them light-to-dark-green blood. Their blood is chemically similar to hemoglobin.

Purple Blood: Peanut worms, brachiopods

Protein: Hemerythrin

Most marine invertebrates transport oxygen using a blood protein called hemerythrin. Once exposed to oxygen, hemerythrin turns from purple to fuchsia.

Clear Blood: Blackfin icefish

Scientists have located a species of fish living deep under Antarctica that doesn't need a protein to transport oxygen. These fish can dissolve the required oxygen directly into their plasma. Blackfin icefish have evolved from their relative, the marbled rockcod fish, to withstand deep waters by eliminating their need for red blood cells that can freeze.

----- IS THE TALLEST GRASS ON EARTH

THE FOUNDATIONS OF BEAUTY CARE

-Nichole |
Magical Marketing Millennial

As a person who struggles with skin sensitivities and allergies, I've had to shop around to find brands that wouldn't make me itchy or cause me to break out in hives. I not only found products that were safe for my skin, I became aware of the abysmal lack of regulation surrounding the chemicals permitted in beauty care products. It is true what they say: beauty comes at a cost — namely, your health.

YOUR SKIN IS YOUR LARGEST ORGAN

As the body's largest organ, skin is one of our primary elimination pathways. Your skin is made of three primary groups of layers: the epidermis (top layer), the dermis (middle layer), and the hypodermis (bottom layer). Each is complex, and all act as barriers to protect the body. On average, your skin absorbs

64% of the product you put on it. There is a difference between penetration and absorption. Penetration is when a chemical makes it to the deep layers of the skin. Absorption means the chemical made it to the bloodstream.

PERSONAL CARE INGREDIENTS TO AVOID

In more than 40 nations, there are over 1,400 ingredients banned for use in body care due to adverse side effects. In the United States, only 11 are banned, so we are on our own to keep ourselves safe. Here are just a few common ingredients to avoid from the Environmental Working Agency (see their website for the full list):

HERE ARE SOME INGREDIENTS TO AVOID:

INGREDIENT	CONCERNS
Formaldehyde	Formaldehyde is carcinogenic; it also causes allergic reactions and irritates the eyes and respiratory system. Formaldehyde is used as a hair straightener, nail hardener, and preservative.
Formaldehyde releasers	Formaldehyde releasers can have health effects similar to those of formaldehyde. Formaldehyde releasers are chemicals that release formaldehyde over time. They are used as preservatives.
Mercury and related compounds	Mercury is a heavy metal absorbed through the skin. Mercury can damage the kidney and impact the nervous system. It is especially harmful to the developing fetus. Mercury is used as a skin lightener. Some preservatives, like thimerosal, contain mercury and are still allowed.
PFAS (per- and polyfluoroalkyl substances)	PFAS chemicals harm the developing fetus, increase cancer risk, affect the immune system and disrupt hormones. PFAS is a class of more than 4,000 chemicals. They have been found in sunscreen, foundation, concealer, eyeliner, shaving cream, and hairspray.
Asbestos	Asbestos is a carcinogen and can cause lung diseases if inhaled. Asbestos is a fibrous mineral. It can be found near talc deposits and may contaminate talcum powder and talc products. Talc can make a product feel smooth and look opaque, and is also used to absorb moisture.
Lead and related compounds	Lead can affect children's brain development and cause permanent nervous system damage. Lead also harms other organ systems, especially the cardiovascular and heart systems. Lead is a heavy metal that occurs as a contaminant in lipstick, eye shadow, blush, powders, shampoos, and lotions.
Fragrance, Parfum, or Aroma	Fragrance and perfumes are known to cause allergies and immunotoxicity and are found in most personal care products.

LACK OF A REVIEW PROCESS

The U.S. Food and Drug Administration (FDA) doesn't have the authority to review chemicals in personal care products or cosmetics. As ewg.org states, "Personal care product companies do not have to register with the FDA, provide the FDA with ingredient statements, adopt Good Manufacturing Practices, or GMPs, report adverse events to the FDA, or provide the FDA with access to safety records." The FDA doesn't even have the power to suspend registration or order recalls when a product poses a health risk. There is no oversight by any government body, including the Environmental Protection Agency (EPA) or the Consumer Product Safety Commission (CPSC), regarding personal care products. Notice the lack of ingredient disclosure on household cleaning supplies when you visit the grocery store next.

WHICH PRODUCTS TO USE

Luckily, there's an invaluable online tool I regularly use to determine the safety of a product while I'm shopping called www.ewg.org/skindeep. EWG's Skin Deep® program evaluates the chemical components in personal care products and gives them a rating of 0 to 10 (10 being the most toxic). You can easily search for individual ingredients, brands, or products on the site. And, once you've found what you're looking for, you can see a breakdown of the ingredients with supporting evidence for their toxicology or lack thereof.

IN CONCLUSION

It's not very easy to find a personal care product that works for your skin or hair type. Using the EWG database, you can find products that will meet your needs and keep you healthy. I hope this makes your personal care journey easier.



RON SWANSON'S FAVORITE DRINK WAS _ _ _ _ _ WHISKEY

MY GALLBLADDER JOURNEY



-Nichole |
Magical Marketing Millennial

THIS ARTICLE IS DEDICATED TO THE EXCAVATED GALLBLADDERS IN THE WORLD THAT COULD NOT REMAIN INTACT DESPITE THEIR HUMAN'S BEST EFFORTS.

I started having gallbladder issues in 2019. The first time I had an attack, I went to the emergency room, not knowing what was happening to my body. It was alarming, and the pain was comparable to natural childbirth in intensity and severity. After another attack, I was diagnosed with chronic cholecystitis, or gallbladder inflammation. For two years, I did my best to nourish my gallbladder - I practiced intermittent fasting, took ox bile, enzymes and digestive bitters, took prescription ursodiol, and ate healthier. But despite my best efforts, I had to have surgery to remove my gallbladder in March of 2022.

How to Know Your Gallbladder is Acting Up

Many things can cause pain on your right side, so the first step is to visit a medical professional to diagnose your issue. Gallbladder attacks occur on the right side of your body, just under the bottom of your rib cage. They often occur after eating fatty, greasy, or high-cholesterol foods. If you press on the area and it's painful, your gallbladder may be aching and inflamed. This is different from kidney stone pain, which is in your lower back and increases in intensity when the stone is moving. Gallbladder pain is continuous, remaining constant until the attack is over. Other signs include nausea, vomiting, fever, chills, skin and eye yellowing, dark or tea-colored urine, and light or clay-colored bowel movements. Should you experience chills, fever, intense pain, or yellowing of the skin or eyes, seek medical help immediately.

Why Gallbladders are Important

The gallbladder is a small, pear-shaped organ located below your liver in your upper right abdomen. It is critical for digesting fats and proteins, especially red meats. Gallbladders store your liver bile and release it when food starts through your intestines. The liver bile is much weaker without a gallbladder, and it's hard to eat fatty or protein-dense foods. These foods can then push through your system, which may cause digestive distress, so it is essential to aid the body with digestive supplements.

How to Help Your Gallbladder (or the Absence of One)

If you experience gallbladder discomfort or are missing a gallbladder entirely, I highly recommend the following:

Intermittent fasting, which involves eating within a specified time frame during the day. I started eating around 11:00 am and stopped eating by 8:00 pm. Fasting allows my body to go through detoxification and gives the body a break from digesting foods, allowing for organ cleanup. After my initial two attacks, I did pair this with 24-48 hr fasting, where I consumed only water with electrolytes. Fasting is excellent for overall health, regardless of the health concern.* You can fast with or without a gallbladder.

Digestive enzymes are critical for easing the burden of digestion on your liver and gallbladder. Our bodies make enzymes; however, as we age, they start to decline. An enzyme supplement can help digestion and take some of the burdens of digesting fats or proteins from the gallbladder. You want to take a capsule about 10 minutes before each meal. In the 2023 Almanac article "The Top Five Supplements Everyone Should Take," I shared more information about how your body uses enzymes."

Ox bile has been around for centuries and was first documented for use in the *Chinese Materia Medica*, a traditional Chinese medicine (TCM) reference. Ox bile acts like gallbladder bile and is very similar in its function. It helps break down fats and proteins. If you are experiencing gallbladder discomfort or lacking said organ, ox bile is for you.

Bile salts generally contain ox bile and a few other components to aid digestion. Brands include Jarrow Bile Acid Factors and Dr. Berg's Gallbladder Formula.

Bitters are critical for digestive health but are often overlooked. When you consume bitters, you will produce more enzyme-rich saliva to help digest your foods, including higher production of gastric juices. These enzymes help break down the foods you consume. Those garnishes on your plates of food when you go out to eat actually serve a purpose!

Other helpful supplements include Dr. Christopher's Liver and Gallbladder Formula and Complete Natural Products' Gallbladder Complete.

If you're struggling with gallbladder health concerns, give some of the above tools a shot. I did, and while it may not have worked out for me, it could work for you.

Citations for this article can be found at rcherbals.com.

*Note: intermittent fasting or fasting of any kind is not recommended for anyone with a history of an eating disorder.



WISHING YOU ALL THE BEST IN HEALTH AND WELLNESS!



JUMBO ROCKS // JOSHUA TREE NATIONAL PARK, CA
© ABBIEWARNOCKMATTHEWS

WINDOW OF WANDERLUST

WORDS & WISDOM

Meagan
AR/AP Treasure Dragon

**"We don't
see things as
they are,
we see them
as we are."**

Anais Nin

HOMESPUN

Homemade Fabric Softener



-Shae | Customer Service Queen

I have always had a super sensitive nose. I can pick up on smells most can't, which can be a blessing and a curse — as a result, I've experienced side effects. Many smells make me either nauseous or give me terrible headaches. This happens when I smell certain perfumes, air sprays, and candles. I researched this and discovered there are others like me.

It turns out that fragrances are largely the culprit. According to The Food and Drug Administration (FDA), a fragrance is defined as "any natural or synthetic substance or substances used solely to impart an odor to a cosmetic product." This can be any combination of chemicals derived from petroleum or natural raw materials. The source of the fragrance is rarely listed on a product; the definition is solely for cosmetic product regulation.

Regulations change depending on what a product is classified under, for example, cosmetic versus cleaner. With this comes

a gray area of undisclosed chemicals. The International Fragrance Association (IFRA) lists 3,059 materials being used for fragrance compounds. Some of the chemicals in this long list have been linked to serious health problems. Fragrances are found in our everyday products and cosmetics, including body lotions, cleaning products, laundry detergents, and fabric softeners. The fragrance is just the first of many harmful chemicals often added to everyday products.

Over time I have learned to read labels, slowly replacing items with products that are more transparent about what they contain, and with safer ingredients. I use the Environmental Working Group (EWG) phone app to look up ingredients and products. Some companies are doing a fantastic job of informing you what ingredients are inside their products; Attitude, a brand with a terrific transparency platform, is one example of this.



If I can't afford a safer product (because being safer sometimes means it's more expensive) or I can't find a suitable replacement, I try to find ways to make my own. Making your products can be much more affordable, and you have 100% control over the ingredients that are included. Try creating your own fabric softener!

RECIPE *Fabric Softener*

6 cups white vinegar
1/8 cup vegetable glycerin
15-20 drops essential oil

Mix all the ingredients in a large container that will close, such as an old vinegar container. Shake before using. Use 1/2 cup for large laundry loads.

SOME OF JOHNNY CASH'S BEST SONGS WERE WRITTEN BY
AMERICAN POET — — — — —

CREW CRAZE

KINDNESS - WITH BOUNDARIES

- Nichole | Magical Marketing Millennial

At this current time in my life, I'm being reminded heavily of a principle my late father taught me as a child, one I've personally done my best to live by: Be Kind. I'm sure you've all heard this phrase many times. Kindness, at its fundamental roots, means empathy for others. This includes times and moments where the intensity of emotions or fears is overwhelming. It's in these moments where it's important to remember to take a step back and look through an external lens to try and form a better understanding of the circumstances, even if you don't want to, or if it's in opposition to yours. As I've also come to understand over the years, kindness doesn't mean violating your boundaries or overextending yourself to please others, a lesson I've learned the hard way. Communication opportunities are available to address a situation with grace and understanding while remaining firm in your expectations. It's a reminder that two opposing things can coexist simultaneously, in harmony. That is both normal and okay.

Kindness



H O P S

F I E L D G U I D E

A well-known plant thanks to its use in beer brewing, hops gets its name from the Anglo-Saxon word "hoppen," meaning "to climb." The flowers of hops contain copious amounts of lupulin, a soothing relaxant that acts as a nervine and calming agent. If you've ever felt a little sleepy after drinking a beer, you can thank this beautiful creeping vine. Bitters, used to help stimulate the digestive system before eating, often use hops as well, and some recommend drinking hops tea before meals for digestive health. You will find hops in our DreamOn™ Zen as it helps to support feelings of calm and well-being. You can also find it in our long-standing mobility support product, PhysiQOL™.

DIY HERBALIST IDEA

*Dry hops flowers
and put them into a
"dream pillow" along
with lavender, chamomile,
and rose petals for an
aromatic, peaceful sleep.*



HUMULUS
LUPULUS



SCAN TO
LEARN
MORE

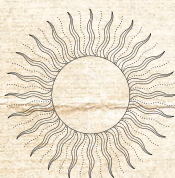
PRODUCT SPOTLIGHT



DREAMON ZEN SLEEP & MORNING MOOD SUPPORT

A good night's sleep can make or break your day, and we know this from experience. That's why DreamOn™ Zen is absolutely essential in your medicine cabinet whether you think you need it right away or not. A sleepless night can hit at any time, as rudely as an your mother-in-law showing up unannounced and judging you for having dishes in the sink. So be prepared with RidgeCrest Herbals' unique blend of calming herbs and mood-supporting adaptogens designed to help you wake in the morning as refreshed as a warm spring morning in the Swiss Alps. Did we mention DreamOn™ Zen is an award winner? In 2019 DreamOn™ Zen won the Taste for Life Magazine's Women's Essentials Award.

While most natural sleep aids focus on the melatonin hormone, long-term use of melatonin has the potential to mess with your Krebs cycle and make the problem worse over time. When we developed DreamOn™ Zen in 1993, we wanted an alternative that solved this issue. For many years DreamOn™ contained homeopathics, but these were removed in 2018 due to regulatory pressure. The current formula contains calming herbs with names that elicit feelings of nature and peaceful rest, like hops, lavender, black cohosh, valerian, chamomile, and lemon balm. A sleepless night can hit without warning, so get some in your cupboard today so you have it when you need it most.



MARCH | 2023

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SUN MON TUE WED THU FRI SAT

"If your child doesn't want to participate in a social function with friends, have them slip in a code word or phrase when they ask so you know they want you to say no." -Tara

1

Plan a Solo Vacation Day

2

WORLD TEEN MENTAL WELLNESS DAY

3

National Cuddle Up Day

4

NATIONAL GRAMMAR DAY

5

NATIONAL CHEESE DOODLE DAY

6

National Oreo Cookie Day

7

National Be Heard Day

8

INTERNATIONAL WOMEN'S DAY

9

NATIONAL MEATBALL DAY

10

INTERNATIONAL BAGPIPE DAY

11

National Promposal Day

12

NATIONAL PLANT & FLOWER DAY

13

NATIONAL GOOD SAMARITAN DAY

14

International Day of Mathematics

15

IDES OF MARCH

16

NATIONAL PANDA DAY

17

St. Patrick's Day

18

NATIONAL QUILTING DAY

19

National Let's Laugh Day

20

VERNAL EQUINOX

21

INTERNATIONAL DAY OF FORESTS

22

World Water Day

23

WORLD METEOROLOGICAL DAY

24

NATIONAL CHEESE-STEAK DAY

25

Tolkien Reading Day

26

National Spinach Day

27

World Theatre Day

28

RESPECT YOUR CAT DAY

29

NATIONAL MOM & POP BUSINESS OWNERS DAY

30

NATIONAL I AM IN CONTROL DAY

31

César Chávez Day



HEALTH INDUSTRY HEROES

ANY COLOR PLUS WHITE IS A _ _ _ _

-FLORA-

Flora is one of my favorite health supplement brands. They offer several products I love and use or have used, such as Flor-Essence (an Essiac tea), Flora Iron, various probiotics, and red beet crystals. They also sell one of my all-time favorite balanced food oils, Udo's oil. Most of their products are USDA organic, Non-GMO project verified, and Kosher. Their products are very bioavailable to our bodies, and they offer food supplement solutions for those who struggle with swallowing capsules. Visit www.florahealth.com to learn more.

-NICHOLE | MAGICAL MARKETING MILLENNIAL



6 BENEFITS OF SLEEPING IN A COLD ROOM

- Aspen | Trainer of The Things

I LOVE sleeping with my windows open. Sometimes I wake up with my nose and hands cold as a result, and I look forward to that feeling so much. If it's between 50 and 67 degrees outside, every window in my house is opened to allow as much fresh air as possible to blow inside. I

even set up fans throughout the house to make this happen, both because I enjoy it and because it's energy efficient. If you cool your house as much as possible overnight, then close all windows/curtains before the sun rises, you can get through a fair amount of the day before ever needing to turn on the A/C.

Sleeping in a cold room is not just enjoyable, but healthy.

HERE ARE SIX REASONS WHY:

1. Your body temperature drops as you prepare for bed, helping you produce melatonin. A cool room mimics this, supporting production of this sleep hormone.
2. You usually sleep better, and better sleep in a cooler room stimulates fat burning.
3. Cool rooms support glucose disposal, helping you balance blood sugar and avoid insulin resistance.
4. Your body produces more serotonin, needed both for melatonin production and a good mood.
5. Keeping your window open circulates the air better, removing carbon dioxide from your room, which improves sleep quality.
6. Sleeping at an ideal temperature lowers cortisol levels.

Studies show the ideal room temperature ranges between 60-69 degrees, so my preference to have it hover around 54 degrees may not quite match the norm. But how one sleeps is often a personal preference — the low temperature works for me, and very well. I retire to bed at night knowing I will sleep like a baby when the room is cold and the air is moving. What temperature do you like to keep your room while you sleep?



THE MANDELA EFFECT

-Aspen | Trainer of The Things & Herbal Authoress

Nelson Mandela was a political prisoner in South Africa for nearly 30 years before he died in jail, becoming a martyr and global icon of resistance to racial oppression.

Is that how you remember that part of world history? Because if it is, you are part of the collective false memory known as "The Mandela Effect." In reality, the social rights activist spent 27 years in prison before he was released in 1990. He didn't die until much later, in 2013.

Why do so many remember this history differently? While it may just be that millions of people are all remembering the same historical moment wrongly in the same way, another theory exists: alternate realities. Some people believe when one timeline ends, all the people living in it before utter global destruction are mixed into a new timeline. This creates a paradox where large groups of people have different memories of the same event because they happened in slightly different ways in different realities that have now merged.

I first learned about the Mandela Effect when Britney Spears' conservatorship was in the news. I was in my senior year of high school when her "Baby One More Time" song was popular. For the next 21 years, I distinctly remembered her iconic music video outfit, including pink pom-poms in her hair, a plaid schoolgirl skirt, and a white shirt tied to reveal her famously flat stomach. But in 2021, the video went around the social media circuit once more, and I was shocked. She had a pink pom on her pen, and her skirt was plain black. That is NOT how I remember it! I wasn't the only one. In the comments section, there was a fierce debate being waged between those who remembered it as I did and those who claimed she had always worn a black skirt. Was I moved from one reality to another at some point without noticing?



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

IN (T)HE CRAFTING SHOW HOSTED BY AMY POHLER AND NICK OFFERMAN, CONTESTANTS ARE CALLED _ _ _ _ _

NATURALIZING YOUR YARD



-Will |
Ginger Beard of Power

Are you tired of mowing the lawn and fighting brown patches? Naturalizing your yard may be an easier and ecological option. I love sitting under my tree by the pond, looking up at its branches and watching hummingbirds. In the spring, three or four bird varieties will nest. It's a preferred place for them, where there is water, bugs they can catch under the stumps, and plenty of material for nest making. You can hear and see baby birds as parents bring food. It's not the garden of Eden. Sometimes the magpies will raid the nest. But observing nature is a rewarding benefit to an ecological shift - one that needs to happen.

WHAT IS NATURALIZING?

Naturalizing lawns, yards, and gardens has become an increasingly popular trend. Taking steps to return your yard to a natural, but still attractive, state holds great appeal. When you naturalize your yard, you can encourage native plants and add natural features that provide habitats for local animals. Then they can rest, find cover for safety and breeding, and encourage natural foods like seeds, insects, and water.

WHY NATURALIZE YOUR YARD?

As suburban sprawl took over, with its big houses and short lawns, it created giant gaps in natural habitats, hurting native creatures. The populations have dropped or gone extinct without tall grass, low bushes, trees, fallen logs, and water. We must step back and do what we can to live with nature, not despite nature.

GIVE YOUR YARD BACK TO MOTHER NATURE

Use the internet to look into the natural environment you will be encouraging. You will want to choose native plants you find attractive and beneficial. Note that you will want to keep natives out of your yard that you could be allergic to or that come with risks to you, pets, and family members.

Once you find local plants that will grow with little care, you can start adding plants you love. Field tulips and other bulbs like crocus, tall clover, wildflowers, and native grasses can be encouraged in patches. If you are not ready to rip out your lawn, start to plant in corners to let the lawn find balance with the plants and the space. Next, take a deep look at your trees. Do you have thick branches where small birds can find shelter? Do some have low-to-the-ground branches providing cover for critters? Keep a notebook, take photographs, and track what attracts little friends and what doesn't.

Next, you can add some low shallow water dishes so birds and crawlers will stop for a drink. You will just want to pour them out and fill them up once or twice weekly to keep mosquitos down. A small pond or fountain could be a good upgrade.

HOW TO MAKE A STUMPERY

I recommend building a stumpery (a few stumps in borders or beds). A stumpery will bring in a host of insect life and hours of fun watching. And as the stumps rot and return to the earth, our hero fungus mycelium will be part of the decay process. This will benefit your ecosystem from the animals and plants up the living chain of nature. As an upgrade, you can get mushroom spores and inoculate the stumps for some fine foraging dining.

CREATE AN OASIS FOR LIFE

Now that you have created hiding places, water, places for tiny bugs, and rotting organic waste, you can focus on cause and effect. A birdbath may bring in birds that take from your strawberries. If you don't like it, you can net off the strawberries or the water so little critters can get it, but birds can not, or you may want to remove the birdbath from your yard entirely. You are customizing your yard while doing all you can for the biodiversity of your neighborhood. If you can get a few neighbors to join you, you can build pathways so frogs can find each other to mate and help keep the mosquitoes and flies under control.



Another great benefit of naturalizing is that you don't need pesticides and chemical fertilizers. If we would stop taking from the soil and let nature take its course, the animals would do a good part of fertilizing. The worms will do the aerating, and the dead debris will start a cycle that feeds all naturally. The runoff alone from the chemical fertilizers is a problem, as well as the transit impact.

It may be a small start, but we cannot wait for a future generation. We need to do what we can now. Join me in moving in the right direction. Whether it's an inch or a mile, we can set a pace together.



COMPANION PLANTING FOR BEGINNERS

-Tara |
IT Sheep Herder &
Obsessive Analyst

I love the results, but working out is not fun for me. There is one exception: when I have a friend join to help challenge and encourage me. I always do better when I have a buddy next to me, sweating and cheering me along. Plants can be the same way. They enjoy growing and fruiting next to their plant buddies. This is the basis for a gardening concept I have begun researching called companion planting. By putting certain plants together, you increase the likelihood that they will thrive and produce better than they would on their own.

WHY TRY COMPANION PLANTING?

In the wild, companion planting happens naturally, forming a symbiotic ecosystem where each plant serves a purpose for the benefit of the whole. Mimicking this system within your garden will encourage growth, ward off pests, reduce disease, and can improve crops' flavors. Most gardeners deal with pests that enjoy munching on their flowers and vegetables. **Lavender** is a general insect repellent for ants, aphids, fleas, ticks, and mosquitos; it discourages crickets, grasshoppers, mice, moths, and rabbits. It also attracts beneficial insects like butterflies and bees. **Rosemary** is great for attracting pollinators and discouraging detrimental insects, such as flies and mosquitos. Herbs aren't the only good garden companions. Flowers can help too. **Hibiscus** is a wonderful trapping plant that attracts aphids, mites, and whiteflies. It also attracts predaceous insects that will consume garden pests. **Petunias** are another great companion flower you can plant with beans and potatoes, as they help ward off beetles. They also repel aphids, helping lettuce, squash, and tomatoes. Even better, petunias are not typically bothered by pests, so you needn't worry about them attracting unwanted garden guests.

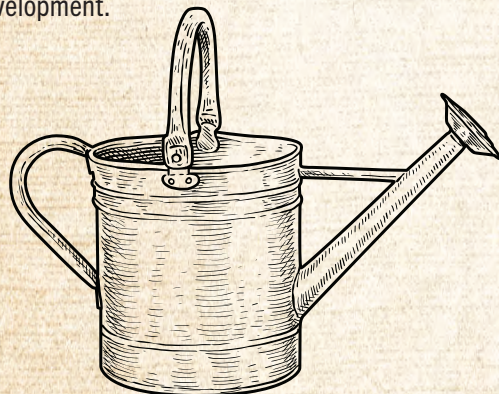
ON THE OTHER HAND

There is a flip side to companion planting; you should avoid planting certain plants together. The following plants tend to fight each other for resources or are susceptible to the same pests and diseases. It's best to keep them separate to avoid unnecessary drama:

Beans and Onions: Onions exude a chemical that can stunt the growth of beans when planted too closely.

Tomatoes and Corn: Both suffer from corn earworm. It's best to keep them separate to prevent the spread of this disease.

Carrots, Coriander, and Dill: Coriander and dill produce compounds that can harm carrots and will impede their development.



TRY IT IN YOUR GARDEN

Now that we have a basic understanding of companion planting, it's time to create our garden fantasy team. I've chosen five plants that interact well and are easy to grow.

Carrots can come in various colors and are rich in calcium and phosphorus, making them a perfect garden vegetable. Radishes are a great friend to carrots; they loosen up soil when they sprout and allow carrot roots to grow more efficiently. Radishes germinate faster than carrots, so you can plant radish seeds around the same time you plant carrot seeds; they'll have loosened the soil by the time the carrots start to grow.

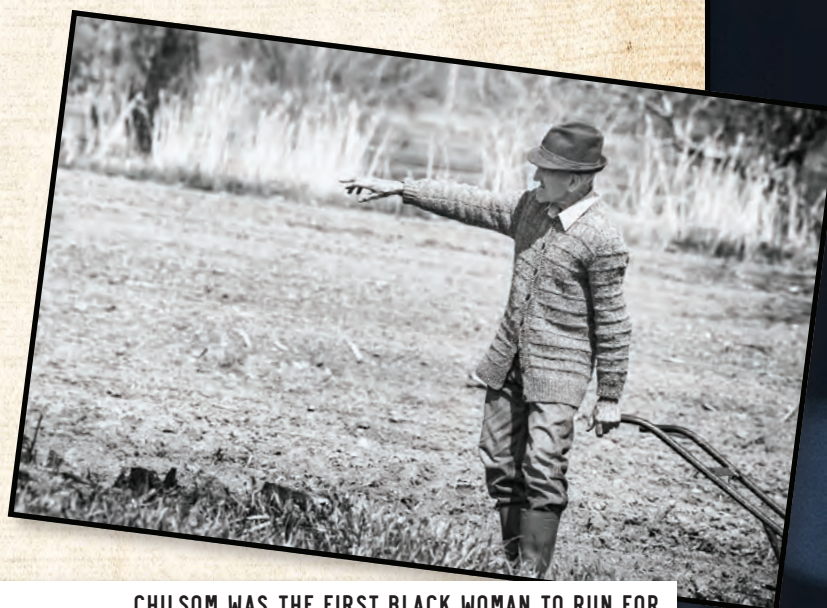
Cucumbers are one of the easiest plants to grow, perfect for beginning gardeners. A best friend to the cucumber is beans, which provide much-needed nitrogen into the soil. Since cucumbers send down one large taproot and their remaining roots stay thin and shallow, they are great buddies with carrots, radishes, and other root vegetables as they won't interfere with growth.

Green Beans are one of the most versatile companion plants due to the nitrogen they naturally release as they grow and decay. The Indigenous peoples used a planting system called the "Three Sisters," a great early example of companion planting. They planted corn, pole beans, and squash in the same place; these three plants work together in a symbiotic relationship.

Radishes are full of vitamins and antioxidants and are quick growers; you can harvest and replant several times in a season. Radishes enjoy hanging out with cucumbers and beans as both provide proper shade from the summer sun.

Sunflowers are easy to grow, and there are several types: tall, midsize, and short. When sunflowers are planted next to cucumbers, they increase the sweetness of the fruit. The tall variety is excellent at offering shade to green beans during the summer, and they attract birds to eat your bugs.

There you have it: our fantasy garden team! If you want to add to the team or make some trades for other players, a quick Google search will provide you with a large selection of additional companions for these plants. Now get out there and grow!



----- CHILSOM WAS THE FIRST BLACK WOMAN TO RUN FOR
PRESIDENT OF THE UNITED STATES



CAPITOL REEF NATIONAL PARK // UTAH
© ABBIEWARNOCKMATTHEWS

WINDOW OF WANDERLUST

WORDS & WISDOM

Brittini | Herbal Gaia

"My heart is at ease knowing that what was meant for me will never miss me, and that what misses me was never meant for me."

- Al-Shafii

Life is full of surprises. Accepting our failures, unwanted change, and the things that don't go as planned are as important for our growth in this life as receiving and celebrating the things we did want. Learn to trust that your journey will have everything you need.

HOMESPUN

Seed Cycling

I have spent several years researching the best ways to eat for the menstrual cycle in an attempt to balance my hormones and, hopefully, get pregnant. During my research, I learned about seed cycling, which is an easy and gentle way to support hormones, balance premenstrual syndrome (PMS) issues, and help regulate a cycle. To seed cycle, you eat specific seeds during each menstrual cycle phase. This helps promote a healthy balance of estrogen and progesterone levels. You may also eat or avoid certain foods and use specific supplements to ensure you get the correct nutrition for each phase.

A regular menstruation cycle begins on the first day of a period and is triggered by the rise and fall of the body's chemicals (aka hormones). The pituitary gland and the ovaries manufacture and release hormones at specific times, and the reproductive organs respond. The menses phase lasts from day 1 to day 5. This is when

For seed cycling, there are two phases: the follicular phase and the luteal phase. During the follicular phase, you include 1-2 tablespoons daily of flax seeds and pepitas (pumpkin seeds) to your diet. During the luteal phase, you include 1-2 tablespoons daily of sunflower and sesame seeds to your diet. This can be as simple as adding them to a smoothie or salad. There are plenty of recipes on the web you may follow as well.

INSTRUCTIONS

Finely grind seeds in a food processor. Add oats and pulse a few times. Add remaining ingredients; mix into dough. If the mixture is too wet, add more oats. If too dry, add more syrup. Use a spoon to scoop out dough and form into 15 balls. Store in the fridge for 1-2 weeks or in the freezer for one month.



-Shae | Customer Service Queen

the lining of the uterus is shed (a period), lasting 2 to 7 days. The follicular phase is from day 6 to 14. Here, estrogen rises, causing the uterus lining to thicken. Then Follicle-Stimulating Hormone (FSH) causes follicles in the ovaries to grow. During days 10 to 14, a follicle will form an egg. The ovulation phase occurs around day 14, caused by Luteinizing Hormone (LH), which helps release the egg. Next is the luteal phase, lasting from day 15 to 28. The egg travels through the fallopian tube to the uterus. The hormone progesterone rises, helping the uterine wall prepare for pregnancy. Pregnancy occurs if an egg becomes fertilized by sperm and attaches to the uterine wall. If pregnancy does not occur, estrogen and progesterone levels drop. The cycle starts over. Each phase has different nutritional needs. Learning about your cycle phases is a great way to help you on your journey to health, even if pregnancy isn't the goal.

RECIPE

Optional: no-sugar chocolate chips, nuts, raisins, ginger pieces

- 1/3 cup quick oats
- 1/3 c shredded coconut
- 1/3 cup raw sesame seeds or pumpkin seeds
- 1/3 cup raw sunflower seeds or flax seeds
- 1/3 cup almond or cashew butter
- 1/3 cup no-sugar maple syrup
- (I like Lakan to Monkfruit Syrup) or raw honey
- 1 tsp cinnamon
- 1 tsp pure almond extract
- 1/4 tsp salt

GO TO GOOGLE AND TYPE "THERE'S ALWAYS MONEY" THEN FINISH THE QUOTE: " _ _ _ _ _ "

TROOP SCOOP

WHAT IS SOMETHING THAT MAKES YOU SMILE EVERY TIME?



ASPEN: "Spring rain and the first snow of the year!"

ALLISON: "My son's creativity. He has tons of dress up stuff and is always coming up with something new and funny. He and a buddy just created a traveling photo booth with my Polaroid camera and a wagon of props."

TARA: "Dogs."

MATT: "My kids and grandkids."

BRITTINI: "Tumbleweeds."

RAYMOND: "Sunshine!"

MEAGAN: "Drinking Jasmine Tea."

WILL: "I smile to myself whenever I see any really pregnant woman. I love and marvel at this miracle."

SHAE: "My dog Titan smiles when he greets people. To outsiders looking in, it may look like he's growling, but really it's just his smile. It is absolutely the cutest thing ever. I smile EVERY time and it makes my heart so warm!"

SCOTT: "Goats."

NICHOLE: "Compliments. A little bit of kindness always goes a long way and can make the difference in a person's day. Be kind to others, but make sure to include yourself."

CHRIS: "My wife, three boys, and our dog!"

NICK: "Shorts, flipflops, and a warm oceanside beach."

JOSH: "Landing a fish."

REHMANNIA ROOT

FIELD GUIDE

Part of traditional Chinese medicine (TCM), Korean, and Japanese herbalism, this orange root was traditionally used to nourish Yin and help "tired blood." Rehmannia root contains over 20 kinds of amino acids, alkaloids, phosphoric acid, vitamin A, polysaccharides, and other components. Often used as a general tonic, Rehmannia is also called Chinese foxglove or *dihuang*. It is found in herbal hair tonics because it provides essential vitamins and minerals necessary for good health. Its nutrients also support eye health, so you will find them in RidgeCrest Herbals' Hair Revive™ and Essential Eyes™.

DIY HERBALIST IDEA

chinese foxglove has beautiful flowers that last from spring to fall, and is an excellent choice for your flower garden!



RADIX
REHMANNIA



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



INTELLIGUT BRAIN HEALTH + PROBIOTICS

Which came first, the butterflies in your stomach or the knowledge you are about to speak to a room full of people? The answer is as difficult as the usual chicken/egg conundrum. Your brain and gut are so closely connected, researchers are now positing that gut issues may cause feelings of anxiety and depression, rather than anxiety and depression causing gastrointestinal distress.

Your brain is made up of billions of neurons that transmit information. But did you know your gut also contains hundreds of millions of neurons as well? This is why people are beginning to refer to the gut as the "second brain" of the body. Those gut neurons are connected to your brain through your nervous system, and the fascinating Vagus nerve

plays a key role in connecting the gut to the brain. We still have a lot to learn about how this connection affects your health, but you can't afford to wait to help both systems synergistically.

This is why RidgeCrest Herbals is thrilled to introduce our first new product in several years, Intelligut™. Intelligut™ combines probiotics for gut health with nootropic herbs for brain health, providing these closely-related systems with the support each needs. Deerland Inc. Probiotics provide food specifically aimed at supporting the gut-brain connection, while herbs like Gotu Kola and Ginko Bilboa support focus, alertness, and neural function in your head brain. We are excited to see what you think of this product. Order a bottle and share the difference!

APRIL | 2023

04 04 04
FOUR FOUR FOUR
04 04 04
FOUR FOUR FOUR

SUN MON TUE WED THU FRI SAT

"An onion poultice is a great way to assist free breathing. Warm up some onion slices on the stove, put them in a cloth, and lay them on your chest when you are feeling compromised." - Aspen

1
APRIL FOOL'S DAY

2
INTERNATIONAL CHILDREN'S BOOK DAY

3
National Find a Rainbow Day

4
International Carrot Day

5
NATIONAL WALKING DAY

6
JUMP OVER THINGS DAY

7
WORLD HEALTH DAY

8
Dog Farting Awareness Day

9
EASTER SUNDAY

10
WORLD HOMEOPATHY DAY

11
National Pet Day

12
NATIONAL GRILLED CHEESE SANDWICH DAY

13
NATIONAL MAKE LUNCH COUNT DAY

14
INTERNATIONAL MOMENT OF LAUGHTER DAY

15
ANIME DAY

16
National Wear Your Pajamas to Work Day

17
ELLIS ISLAND FAMILY HISTORY DAY

18
NATIONAL ANIMAL CRACKERS DAY

19
National Garlic Day

20
NATIONAL HIGH FIVE DAY

21
INTERNATIONAL CREATIVITY & INNOVATION DAY

22
International Mother Earth Day

23
World Book Day / Arbor Day

24
New Kids on the Block Day

25
WORLD PENGUIN DAY

26
ADMINISTRATIVE PROFESSIONALS DAY

27
TAKE OUR DAUGHTERS & SONS TO WORK DAY

28
NATIONAL ARBOR DAY

29
INDEPENDENT BOOKSTORE DAY

30
NATIONAL PET PARENTS DAY



- DIRECT PRIMARY CARE PHYSICIANS -

Direct Primary Care Physicians are doctors who don't work with insurance and instead do monthly or yearly memberships for primary healthcare. You get almost around-the-clock care, some even doing house calls. Because they don't have to worry about insurance regulations, they can provide better care. My first appointment was over an hour, which is rare. I felt like the doctor listened to me, and we came up with a health plan together. I used the website <https://mapper.dpcfrontier.com/> to find one near me.

-SHAE | CUSTOMER SERVICE QUEEN

CRAZY RICH ASIANS SHOWED OFF MANY ICONIC LOCATIONS IN THE CITY OF _ _ _ _ _

Mind, Body, Soul.

14 THINGS HEALTHIER THAN SITTING

- Shae | Customer Service Queen

Did you know physical inactivity contributes to over three million preventable deaths each year worldwide? Sitting often for long periods contributes to a host of health issues. The human body is built to stand upright. The cardiovascular, digestive, and muscle systems work more effectively when we are largely upright and active.

In order to combat these issues, our bodies need 60-75 minutes of moderately intense activity daily. There are many activities you can accomplish without taking a trip to the gym. Fourteen healthy tips for combatting the effects of sitting include:

1. Walk or cycle whenever possible
2. Use the stairs
3. Get off the bus one stop early and walk the remaining distance
4. Park further away and walk the extra distance
5. Walk over to a coworker instead of sending an email
6. Walk on breaks and lunches
7. Set a timer to get up and move every so often; options include squats, desk yoga, stretching, walking to the other side of the room, walking up/ down stairs
8. Schedule an activity at least once a week: swimming, dancing, yoga
9. When cleaning, put items away in small trips
10. Get up and move during TV breaks or during commercial breaks
11. Walk while on the phone
12. Stand rather than sit while on public transport
13. Use a standing desk, or stand while reading emails
14. Create a daily routine that includes moving

It can feel daunting to jump immediately into being active for long periods of time. Start small, do a little at a time, and slowly build a sustainable routine towards a healthier you.

WEIRD, WILD & WONDEROUS



THE MOSUO TRIBE

-Allison | CSR Enigmatic Entity

Have you heard of the Mosuo tribe, also known as the "Kingdom of Women?" As one of the last remaining matrilineal and matriarchal societies, they provide a fascinating glimpse into a different culture. The Mosuo are a small ethnic group that lives in the Yunnan and Sichuan provinces in China, near the border of Tibet. They have a population of between 40,000 and 50,000, the majority living near Lugu Lake.

One especially unique part of their culture is their view on marriage and children. For example, the Mosuo practice what's called "walking marriage." Women are free to sleep with whatever men they prefer, with no stigma. Children born of these unions are automatically raised in the mother's family, and men help raise the children of their sisters, rather than their own.

Mosuo women do all of the housework, cleaning, livestock raising, spinning, weaving, tending the fires, and gathering wood. At the same time, the men are in charge of slaughtering the livestock, fishing, and building houses.

The matriarch, or *Ah Mi* (which means "elder female" in Chinese) is the head of the household and has absolute power. As such, she makes all financial decisions and dictates the jobs of each family member. When she decides to pass her duties on, she will pick a female successor and hand over the keys to the household.

Matriarchal societies have existed throughout history. Women ruled the nation of the Sitones in Germany. In Hopi Society, the Hopi women hold political and economic power and make many tribal decisions. Many societies from the Neolithic Era through the Middle Ages have records of women who have held power. In Kenya, a village was established in 1995 by women to provide a haven for women fleeing gender-based violence. Once a male child reaches the age of 18, he must leave the women's village.

Matrilinial cultures are such a fascinating subject to me. Women are capable of enduring and caring for so much, and these societies are certainly evidence of that!



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

THE ORIGINAL FARMER'S ALMANAC CAME WITH A HOLE IN IT (S)O IT COULD BE HUNG IN THE _ _ _ _ _

CARBON-OFFSET SEQUOIAS



-Will | Ginger Beard of Power

How do you choose a tree that will benefit the planet and your family for generations to come? This short article will share resources and ideas to consider when choosing your trees. Hopefully, it will inspire you to invest in and tend to monumental trees in your community.

A PERSONAL JOURNEY

Over 50 years ago, my father planted two *Sequoiadendron giganteum* (giant blue sequoia) in our home's backyard in Salt Lake City, Utah. I moved away from these two trees 33 years ago and my family left that home 18 years ago. Still, I enjoy driving past and can see the trees from the street. At 50 years old, the trees are just seedlings and have a very long life ahead of them. I grew up spending summer days in our vegetable garden doing chores and cooling off under the shade they offered. My father would spray down the branches, causing an evaporative cooling effect, and filling the surrounding air with the smell of petrichor. It was a truly magical time.

These memories left a lasting impression. Twenty-five years ago, I built a small home for my new family. I started with a small lot north of where I grew up. Being my father's son, I found a sequoia to plant and did so in the middle of my backyard. I dreamt of an eventual pond and natural garden. Today, I'm happy to report I have achieved those dreams. My tree is now over 50 feet tall and 156 inches around at the base of the trunk. The bottom branches are trimmed high enough that I can easily walk under them to be close to the trunk, sit under the tree, meditate, and watch the fish in the nearby pond.

THE ENVIRONMENTAL BENEFITS OF SEQUOIAS

A thought that often comes to mind as I sit under her branches is how much she does for the environment. For example, the tree has hit the water table. I know this because of the shrinking water demands it takes to keep her watered. Approaching the tree, you can feel the change in the microclimate. We use far less power to keep our home cool, and the other plants need far less water to stay healthy. We spend our time under her branches all summer long. We watch ferns, moss, hellebores, hostas, and other plants thrive under her watch.

I recently discovered sequoias have been added to the endangered species list. Fires have taken many of these trees from us over

the last two years. Because of their endangered status, some sequoias are being relocated to colleges and arboreturns to better preserve and care for them.

Seeds were sent "home" when some of the first environmentalists like John Muir discovered the groves of the giants in California. In the United Kingdom, several large groves have grown from those same seeds. These groves are great contributors to the climate fight we find ourselves in.

YOU CAN HELP

Would you like to plant a tree to offset climate change and your carbon footprint? There are many great resources to discover the right tree for your home. They often take several measurements to see how much a tree contributes to mitigating the carbon dilemma. Height, canopy, and trunk size are common factors. Using this information, you can get a good idea of how much carbon the tree can contribute.

Inspiration can come from the most unlikely places. Being open to the work necessary to make complex changes can seem impossible. Human nature seems to fall into two camps: one waits for a comfortable place to jump in and help, and another wants 100% proof that any money or energy spent will work exactly how they want it to.

CONCLUSION

The group that decides to act now looks at the world's needs and starts to make small changes that will begin to leave our planet in better shape. Ideas that help need to become part of our culture. It will take all of us to make that happen and no one idea or act is a solution. But heroes start, even if it's in small ways. Our efforts must become rooted in our culture so that it is common to act in defense of our planet.

Between the heavy pine and silver fir zones towers the Big Tree (*Sequoia gigantea*), the king of all the conifers in the world, "the noblest of the noble race."

-John Muir



TREE COMMUNICATION



-Matt | Herbal Head Honcho

Poets have long talked about “whisperings” of trees in forests. Fantasy authors like J.R.R. Tolkien have written about trees having moods and will. Recently, science has backed this up. Trees can communicate about changes in their environment. They respond to stimuli, protecting themselves from threats and responding to opportunities. They even react to some human communication, including music. Perhaps plants are a bit more sentient than we suspected!

PLANTS SEEM TO COMMUNICATE THROUGH SEVERAL MEANS, INCLUDING:

- Electrical signals (primarily within the plant)
- Chemical signals between plants (via volatile organic compounds or VOCs)
- Signals passed through fungal networks, between root systems
- Electrical signals

Since the 1800s, scientists have known some plants generate electrical signals that cause specific actions. For example, sunflowers follow the sun throughout the day. Mimosas (*Mimosa pudica*) and other sensitive plants will quickly fold up their leaves if touched and slowly spread them out again a few minutes later.

The carnivorous Venus flytrap (*Dionaea muscipula*) has trigger hairs that can count. One touch of a hair will be ignored, so the plant isn't fooled by dust or debris falling on it. When two contacts are received within 20 seconds, however, the trap snaps shut on its prey. Another five touches are required to begin digestion.

A wounded plant responds with an increase in healing compounds, which occurs too quickly to be chemically caused. So it appears plants send electrical signals through pathways we don't yet understand, just as animals and humans send signals through the nervous system.

CHEMICAL COMMUNICATION

Plants also send signals to their neighbors. Researchers in Africa discovered that when giraffes eat leaves off acacia trees, the trees begin to secrete noxious compounds that are toxic to giraffes, helping limit the damage they do. They also give off ethylene gas, causing nearby acacia trees to respond similarly. The response protects an entire grove of acacia trees, not just the one being eaten. Giraffes seem to know the trees talk. When they finish browsing one tree, they will walk a hundred meters upwind to find an acacia tree that hasn't yet heard the news!

Trees and other plants give off many kinds of volatile organic compounds (VOCs) that fill the air around them. These include pheromones, terpenoids, fatty acids, phenylalanines, benzenes, and amino acids. Many cause responses in neighboring plants. For example, the dodder weed, a parasitic plant in the morning glory family, will grow toward a tomato plant and avoid a wheat plant based on the VOC signatures produced.

VOCs aren't the only way individual plants talk to their neighbors. Scientists conducted experiments with garden pea plants; some were intertwined with communicating root systems, and others had root systems separated. Chemical stress that simulated drought was introduced to one of the plants in both groups. In the plants where the roots were in communication, all responded to the stimulus in ways that prepared them to survive with less water, while the plants with roots that were not touching were unable to do so. Plants can share carbon, nitrogen, and other nutrients through their roots. Scientists now suspect that old-growth trees provide nutrients to young trees in the same forest, as they cannot yet reach the canopy to get sunlight.

MYCORRHIZAL (FUNGAL) NETWORKS

Mushrooms and fungi have been referred to as “the third kingdom.” A teaspoon of forest soil may contain miles of tiny fibers of mycelium. These tiny threads are a chemical communication network that connects nearby plants, from the smallest grasses to the tallest trees. We think of mushrooms as fungi, but the mushrooms are just the fruiting body. Like apples to an apple tree, the mushroom is just the part that gets eaten and passed around. The biomass of most fungi lies invisible below ground. Because these mycelium threads are everywhere, they facilitate chemical communication underground between plants of vastly differing species (see Shae's 2020 Almanac Article, “Mycelium in the Garden”).

A good layman's introduction to some of this interplant communication is *The Hidden Life of Trees* by Peter Wohlleben. Wohlleben is a German forestry scientist whose life's work has been to unlock the complex secrets of the forests. Trees have occupied this planet much longer than we have, and they have never yet threatened it with extinction. Perhaps, when they speak, we should listen!



SPRING NOURISHMENT



WHAT DOES YOUR GARDEN NEED FOR NOURISHMENT THIS SEASON?

-Melissa | Director of Operations

Spring is an exciting time in the garden as dormant plants start to wake up. Now is the time to clean up your flower beds and boxes. Remove all dead growth and winter debris to make way for the new life about to happen. It is also an excellent time to divide fall blooming perennials and grasses.

As you clean up your garden, take time to clean any bird baths or water features to ensure there is no stagnant water. Avoid creating a breeding place for pesky mosquitoes. Depending on your garden's needs, it is a good time to treat with fertilizers and chelated iron if you have heavy clay soil. On the subject of soil, it is essential to apply wood chips or mulch around your plants to control weeds, retain moisture, and add a layer of protection to your plants for those colder weather days that can surprise us.

On warm sunny days, get out and enjoy the weather. Plant summer blooming bulbs like Gladiolus, Begonias, and Dahlias. It is also a good time to thin out your seedlings to ensure your garden plants have enough room.

WHAT DOES YOUR SOUL NEED FOR NOURISHMENT THIS SEASON?

-Shae | Customer Service Queen

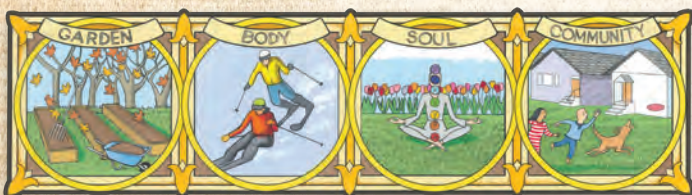
Spring is about waking up, stretching, feeling the sun's warmth, seeing new life, and shaking off winter's ice. Within ourselves, we start to feel the excitement of coming out of hibernation. It is a time for revival and rebirth. The earth is teeming with what is to come. You are not the same person you were when you went into winter. You are new, reborn, and ready to take on the year.

The nourishment our souls need in spring is to notice the energies of new life, ideas, thoughts, and beliefs. We are shedding the old in preparation for the new. Start getting out of your home, clean your space (they don't call it spring cleaning for nothing!), open your windows and let the fresh breeze whisper about the year to come. Spend time in the sun. Let it wash your face. Spring is a time for planning. Start thinking about how you want to live in the coming year. It is also a time to start greeting others who have been in hibernation. Naturally we begin to want to be more social.

Journal Prompt: What are my goals and dreams for the coming year?

"The beautiful spring came, and when nature resumes her loveliness, the human soul is apt to revive also."

- Harriet Ann Jacobs



WHAT DOES YOUR BODY NEED FOR NOURISHMENT THIS SEASON?

-Nichole | Magical Marketing Millennial

Spring is a time of growth and renewal. Nature is waking up from its slumber, and the results of rest and recuperation are blossoming into beautiful life. Energy is abundant and is reflected through the vibrancy of colors popping out of the ground. This season is about cleansing the body, especially the skin, kidneys, and liver. Many available foods are excellent for detoxification and regeneration, which is why you see so many dark, leafy, bitter greens that aid in cleansing the body. As with any season, it's important to make sure you're eating local varieties where possible and relevant. Below is a list of foods that are great for spring dining:

AVOCADOS	BANANAS	BROCCOLI
CABBAGE	CARROTS	CELERY
DARK LEAFY GREENS	GARLIC	HERBS
KALE	KIWI FRUIT	LEMONS
LIMES	MUSHROOMS	LETTUCE
ONIONS	PEAS	PINEAPPLES
RADISHES	RHUBARB	EDIBLE FLOWERS
STRAWBERRIES	SWISS CHARD	TURNIPS
EGGS	RABBIT	TURKEY
LAMB	SALMON	ASPARAGUS

WHAT DOES YOUR COMMUNITY NEED FOR NOURISHMENT THIS SEASON?

-Raymond | Apprentice Marketing Magician

Last fall, I noticed my neighbors trimming their trees and bushes. They were also planting near the same areas. I grew curious. When I asked them, they showed me a bag of flower seed mix and told me the bushes produced a lot of healthy pollen for bees. By trimming them, they were helping the trees to grow back healthy. The seeds were for flowers that bees and hummingbirds often enjoy. My neighbors offered me all they had left, and I planted them in my yard. I'm pleased to say it's now buzzing with bees and hummingbirds this spring!

I know they need water too, so I used a battery-powered water pump to make a small birdbath, even installing a misting hose for them to fly through. Watching the bees and hummingbirds fly back and forth through the mist to clean their wings is funny. It's like I made them a carwash!



OPA EKA'A FALLS // KAUAI, HAWAII
© ABBIEWARNOCKMATTHEWS

WINDOW OF WANDERLUST

WORDS & WISDOM

Aspen | Trainer of the Things

"The best time to plant a tree is twenty years ago. The second best time is now."

-Chinese Proverb

Whether it's because I'm named after a tree or something else entirely, I've always been a rooted, stable, risk-averse person, to the point it has held me back. Lately I've been contemplating all I've missed out on. This quote reminds me that it might not be too late to spread my wings a bit.

HOMESPUN

Taking cuttings from plants is not only affordable, but it is ecological as well. Shipping a grown plant, forced into early blooming using additional fertilizer and a greenhouse, takes energy. Cutting from existing plants, however, is a good way to help our planet.

But how do you do it? Some cuttings need just the right time, season, sun, or moisture. It is, however, definitely worth trying. It's wise to keep the following in mind during the propagation process: **First**, look into the plant you want to clone. No matter what plant you choose, there is a wealth of information online. Not all plants will propagate in the same way, so a bit of research can save you time later.

Next, get set up Find a way to plant the cuttings in a nearly non-nutritive medium, so you don't encourage bacteria while keeping the humidity up for healthy root development. You will need a good root toner, which does wonders to encourage your plant to propagate while reducing the risk of bacteria. Root toner is available at most local hardware or gardening stores. Interested in creating it on your own? Try this recipe!



Propagating

-Will | Ginger Beard of Power

A couple tips will help:

Use a humidity tray to keep the humidity up. Do not let your growth medium touch the water, and change the water in the tray daily. Use a strainer or another humidity tray with drainage holes drilled into it. Fill with sand or a non-nutritive grow media. Run water through the media until it runs clear. Place over your humidity tray of water. Don't allow it to stand in water. You may need a clear bag to keep this in or a small grow box you can close to keep moisture in the air.

Clip away from your plant to take to the clone setup you have made. Try to do so within a few minutes of cutting or keep in a dark bag with a spray of water to carry back in. Remember, most cuttings need to come from new growth.

Take your cutting

With a clean knife, cut at a sharp angle at the bottom. Using a good set of clean pruners, take off most of the leaves that came with your cutting. This reduces the feeding obligation the little cutting will require to stay alive. Sometimes you only need to leave one or two leaves.

Remove bacteria with the root toner

Place the cutting into your root toner. Let it sit for a minute or so. Push your knife into your grow media. Make an opening to insert the cut end of the cutting when inserted and pull the knife out. This way you do as little damage to the fragile end of the plant as possible.

Keep your new experiment out of the direct sun and keep a watchful eye on all that happens next. In 2-4 weeks, you should know exactly how your test went. Happy propagating!

RECIPE

Root Toner

2 cups boiled and/or filtered water, set aside to cool

1 teabag holy basil tea, steeped for up to 60 seconds

1/2 tbsp raw honey

Stir and cool before using

Control the light and humidity of your cutting

Keep an eye on it every day and observe any changes.



CREW CRAZE

HIKING FIRST AID KIT

- Jordan | Prince of Packages



When it comes to adventure, everyone always has a list of things they need: a jacket, shoes, backpack, etc. One item that gets left out too often is a first aid kit. First aid is essential to any adventure; disaster could strike when least expected. Being prepared could save your life. First aid is something I am really interested in, so I'm going to cover some basics for a personal first aid kit that you can take on your adventures, along with a few additional options.

BASICS:

Band-Aids (various sizes)
Antiseptic wipes
Antibiotic ointment
Burn cream
Medical tape
Coban roll
Z-fold compressed gauze
Gauze pads
Rolled gauze
Compression bandage
Control wrap
Hemostat powder/gauze
Tourniquet
Nitrile gloves
Medical shears
Aspirin, Ibuprofen,
Tylenol
Benadryl
Tweezers
Irrigation syringe

Safety pins

Emergency blanket

Permanent Marker

Additional Options:

Aluminum splint

Vaseline

Moleskin

Needle and thread

Eye drops

Imodium/Loperamide

Hydrocortisone

Vented chest seal (pair)

Nasopharyngeal kit

Personal medication

**WHILE I FIND THESE ITEMS
CORE TO MY FIRST AID
KIT, I WOULD ENCOURAGE
YOU TO PERSONALIZE
YOURS ACCORDING TO
YOUR NEEDS.**

LUO HAN GUO FRUIT

FIELD GUIDE

Luo Han Guo (monkfruit) is used in traditional Chinese medicine (TCM) for respiratory and lung support. High in Vitamin C, it is considered a guiding herb to direct other herbs towards the upper body, especially the respiratory system. Its use as a lung tonic and free-breathing support is well documented. Today the vining plant that bears large fruit is a common sugar substitute due to its natural sweetness. However, the most important chemical constituents are its mogrosides, a type of triterpene glycoside. You can find Luo Han Guo fruit in all RidgeCrest Herbals' ClearLungs® products.

DIY HERBALIST IDEA

Combine Jujube berries,
Luo Han Guo, and Lotus
roots for a dessert soup. See
happyhomebaking.blogspot.com
for the recipe!



SIRAITIA
GROSVENORII



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



ESSENTIALEYES FULL-SPECTRUM VISION DEFENSE


This morning I was listening to a podcast on my Android Auto as Waze directed me to my son's school. The host was interviewing a popular Tiktok dietitian discussing the benefits and limitations of Tiktok's platform in relation to Instagram. At home, I opened my laptop and listened to the news on Youtube as I worked in Google docs. I took a break to send a Marco Polo message, complete the Wordle of the day (LAPSE, if you were wondering), and updated my Alexa alarms. When the podcast was over, I turned on Amazon Music while I researched toddler recipes on Pinterest. Then I put together a Target pickup order on my phone, opened my Tricount app and added the Target bill before sending a Venmo payment to my son's babysitter. Then it was time to go to a Zoom meeting. What's the point of this glimpse into my daily life? All of these things were done on some sort of screen. Despite what some may think, we aren't glued to our screens because we are lazy and unmotivated, rather, we are glued to our

screens because they are integral to running our lives. But that does come with a drawback, which is the health of our eyes. Did you know that when you are looking at a screen you blink less often and your eyes have to focus harder, especially if the screen is small like a phone? In our modern society, prioritizing eye health is crucial, which is why RidgeCrest Herbals has the Nexty Award-winning eye-support product, EssentialEyes™. EssentialEyes™ is one of only a few products in the natural industry designed to support eye health and combat the effects of blue light from electronics. The EssentialEyes™ formula takes a nutritive approach to supporting eye health, and contains Lutemax 2020, which contains Lutein, Zeaxanthin, and Meso-Zeaxanthin in a 5:1 ratio. Designed to increase circulation to the eye and provide it with crucial nutrients to support regeneration and eye health, EssentialEyes™ acts as internal "sunglasses" for the macula's constant exposure to blue light from technology.

THE TALLEST BUILDING (K)N THE WORLD IS CURRENTLY FOUND IN THE CITY OF _ _ _ _

MAY | 2023

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03
FIVE
0505

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MAY DAY	2 NATIONAL PLAY YOUR UKELELE DAY	3 National Paranormal Day	4 STAR WARS DAY	5 Cinco De Mayo	6 <i>Herb Day</i>
7 INTERNATIONAL PERMACULTURE DAY	8 No Socks Day	9 <i>National Teacher Day</i>	10 NATIONAL THIRD SHIFT WORKERS DAY	11 CLEAN UP YOUR ROOM DAY	12 NATIONAL LIMERICK DAY	13 <i>National Apple Pie Day</i>
14 <i>Mother's Day</i>	15 NATIONAL CHOCOLATE CHIP COOKIE DAY	16 INTERNATIONAL DAY OF LIGHT	17 WORLD BAKING DAY	18 International Museum Day	19 <i>National Endangered Species Day</i>	20 WORLD BEE DAY
21 World Day for Cultural Diversity	22 INTERNATIONAL DAY FOR BIOLOGICAL DIVERSITY	23 ASTRONOMY DAY	24 National Scavenger Hunt Day	25 NATIONAL MISSING CHILDREN'S DAY	26 NATIONAL PAPER AIRPLANE DAY	27 <i>National Sunscreen Day</i>
28 <i>National Burger Day</i>	29 Memorial Day	30 NATIONAL MINT JULEP DAY	31 <i>World No Tobacco Day</i>	"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." -Ferris Bueller		



HEALTH INDUSTRY HEROES

-KANGEN WATER-

Electrolyzed reduced water, also known as Kangen Water, begins as tap water. The Kangen machine filters out chlorine and other impurities and then separates the hydrogen and oxygen with a process known as electrolysis. This removes harmful oxidants in the water and replaces them with healthy antioxidants. Oxidative damage has been implicated in many modern-day health problems in the human body. When the impurities and oxidants are removed from your water, you can feel the difference in how it hydrates your body.

-RAYMOND | APPRENTICE MARKETING MAGICIAN

INFAMOUS SERIAL KILLER ROBERT CHRISTIAN HANSEN WAS KNOWN BY THE MEDIA AS THE _ _ _ _ _ BAKER

Mind, Body, Soul.

A ROOTING MEDITATION

-Shae | Customer Service Queen

Get into a comfortable position. Take a big, deep breath. Hold it. Then slowly release it. Take another big, deep breath. Hold it. Now slowly release it again. Wiggle all the tension out of your body from your head to your toes. Shake off all the negativity of the day, and all the thoughts running through your mind. Now, take another deeper, even slower breath.

Imagine you are sitting in a soft meadow, surrounded by majestic mountains, big puffy clouds, giant mother trees, and delicate wildflowers. The smell of lush flora, rich soil, and morning dew permeates the air. Move your hips, pressing your pelvis firmly into the ground.

As you push, you slowly start growing little roots. They grow deeper into the soil and, as they do, they become stronger.

You are growing deeper and wider, extending out all around you. You begin to feel your roots tickle the roots of the flora, expanding even more. Your roots touch the roots of the giant mother trees and wrap around the mountain stones underground, firmly grounding you into place.

Take a deep breath, pushing down and out further, wrapping around the roots of the grand trees. Soak up the sweet, cool water in the soil. You start to feel a tingle as bright white mycelium reaches out and connects to you, enveloping and revitalizing you, bonding you to the whole of the forest and earth surrounding you.

SAY THE FOLLOWING OUT LOUD:

I am rooted in this present moment.

I am strong, steady, and grounded.

I have access to all I need to thrive.

**Come back and repeat this meditation
as often as you need.**

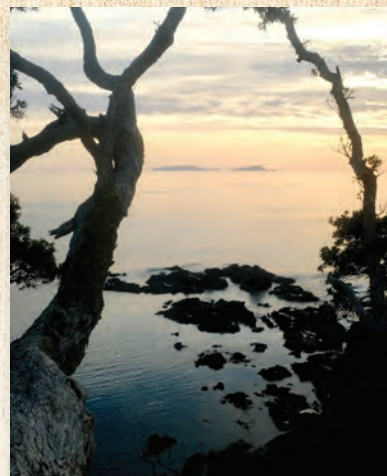


ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

WEIRD, WILD &

WONDEROUS



TREES OF NEW ZEALAND

-Allison | CSR Enigmatic Entity

Have you ever heard of pōhutukawa, also known as the New Zealand Christmas tree? These amazing trees get their name from the beautiful red flowers that bloom on them annually in December. Legend tells of a young Māori warrior who searched for help in heaven to avenge his father's death. He falls to the earth to his own death, and the crimson red flowers of the pōhutukawa are reputed to represent his spilled blood.

The tree is known for its resilience. A certain 800-year-old pōhutukawa tree clings, alone, to a windy cliff face near Cape Reinga, which is at the northern end of the North Island of New Zealand. This is widely considered the most spiritually significant place for the Māori in the entire country. It's believed all Māori spirits travel up the coast to the pōhutukawa tree on the headland of Te Rerenga Wairua. They descend into the underworld (Reinga) by sliding down a root to the sea below, traveling underwater to the Three Kings Islands, then emerging on Ohaua, the islands' highest point. Here they bid final farewells before returning to the land of their ancestors. This lone tree has survived hundreds of years in a wind-beaten place, and no others surround it. The fact its roots have grown so deep and that it has held on for as long as it has is incredible.

New Zealand is home to many other amazing trees, including the giant coniferous kauri trees that grow in the north region. One of the largest kauri trees is named Te Matua Ngahere, which translates to "Father of the Forest." It is estimated to be over 1,500 years old, and is considered the second largest kauri tree in the Waipoua Forest. The tallest in the reserve, standing at a towering 168 feet, is Tane Mahuta, named after the Māori god of forests and of birds.

Conservationists have determined that these fantastic trees can live to be 4,000 years old. With all of the changes in the world that have taken place — and that these trees have withstood — it's certain they could tell us some incredible stories!

Can you imagine?

LAMARC(U)S THOMPSON INVENTED _ _ _ _ _ TO DISTRACT PEOPLE FROM BROTHELS AND SIN

HOW TO HAVE A STAYCATION



-Chris | Director of Sales

Have you been dreaming of a break from the monotony and stress of daily life? Are you feeling overwhelmed with the planning, expense, and hassle of traveling? Consider a staycation — time off from work and domestic duties to explore and enjoy where you live. Whether you have two days or two weeks, a staycation can help you unplug from your regular schedule and focus instead on rest, leisure, and pleasure.

WHY TAKE A STAYCATION?

Time off does wonders both emotionally and physically, especially because life is inundated with stress from the news, work, relationships, and housework. The ever-increasing list of responsibilities life throws at you can take a toll on your bodies, leading to chronic stress and — if you aren't careful — burnout. Prolonged tension puts unwanted burdens on your immune system, leaving you vulnerable to sickness. Stress left unchecked can lead to chronic disease, such as digestive issues, headaches, and more. Added to the physiological damage of unmitigated stress, prolonged stress can take a toll on your psychology, which may lead to feelings of depression, anxiety, nervousness, or apathy.

By decompressing, you give the mind and body time to repair and rejuvenate. Stepping away from relationship issues and roadblocks gives the prefrontal cortex the ability to tackle problems from a fresh perspective. Your staycation should give you the needed respite to look at those complex issues when you return from your break.

PLANNING YOUR STAYCATION

Instead of just taking time off and jumping into your loungewear, spend time preparing to make the most of your free days and nights. Tidy up your home or pay a professional to clean the day before your staycation begins. Prepare or buy ready-to-go meals, ones you can quickly warm up and grab when leaving the house for an adventure. Wrap up emails and deadlines before leaving work, allowing you to return with a fresh start. Finally, loosely plan out your staycation beforehand; don't waste days off trying to decide what to do.

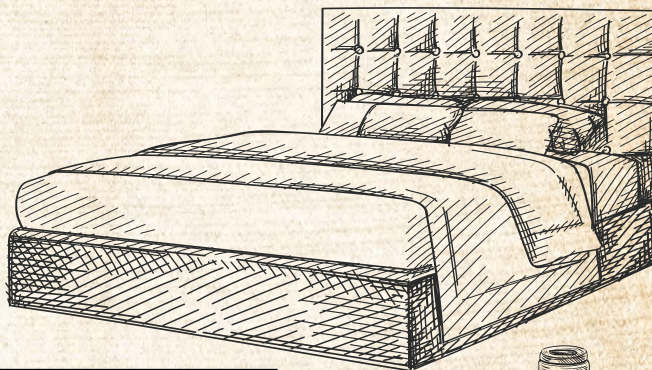
THINGS TO DO ON YOUR STAYCATION

Resist tackling your to-do list or DIY home improvement projects. Trust me on this; they can wait. Rest instead. Remember, when you travel away from home on vacation, you aren't putting in new flooring or dusting ceiling fans. Vacations are designed for pleasure, leisure, and rest. Think of your staycation as self-care if you are primarily alone, or bonding time if you are enjoying it with others. Leave everyday life behind and enjoy being a tourist in your own city.

Think about what you might do during a regular vacation. For example, you might go to a restaurant you've never been to before. So go to that expensive restaurant you've always wanted to try, or drive an hour away to experience a cafe you read rave reviews about. Consider being a tourist in your hometown and seeing the sights from a new perspective, maybe with a sketchbook, field guide, binoculars, or camera.

Take that cheesy Segway tour and pretend you are from another country. Learn who designed the buildings on the town square or take a drop-in class. Visit local art galleries and museums, or take the family to a water park. Visit your local parks and wilderness areas to learn about the local fauna and native plants.

I'm willing to bet there is a richness in your city you haven't uncovered yet — explore and take in the sights! No matter the size of your city, you can undoubtedly find an adventure you haven't had yet.



THINGS TO DO	THINGS NOT TO DO
<ul style="list-style-type: none"> - Sleep in - Pamper yourself - Relax in nature - Play board games - Read a book - Take a cooking, pottery, or woodworking class - Camp in your backyard or nearby state park - Organize a potluck - Do a wine tasting - Visit historical landmarks - Try geocaching - Daytrip at the lake or river - Attend a local parade or festival - Enjoy a neglected hobby - Visit farmer's markets or co-op farms 	<ul style="list-style-type: none"> - Don't schedule medical appointments - Don't do chores - Don't answer email - Unplug from social media - Don't be lethargic

ENHANCE BLOOD CLEANSING WITH SYSTEMIC ENZYMES

-Dan Curtin | Executive Vice-President
of Arthur Andrew Medical



Like the engine of a car, the human body is a complicated machine. Imagine what would happen to your engine if you never changed the oil. Contaminants would build up, oil would become abrasive, and the car wouldn't be able to do its job. Eventually, parts malfunction, and you might wind up with permanent engine failure. Just as clean oil increases the longevity of your car's engine, clean blood can improve the health and longevity of our bodies.

As children, our intestines act like a new oil filter, allowing nutrients from food into the blood while blocking harmful contaminants. The liver, kidneys, spleen, and lymphatic system take part in this process of cleansing the blood. However, as we age, our bodies' filtration systems begin to slow down. Our blood tends to become less and less clean over time. Undigested food particles, toxins, and other debris build up in the bloodstream, causing unwanted strain on the immune system.

Aside from eating right and taking care of all the body's filtration systems, we can also be proactive in cleansing the blood. Like changing the oil in our cars, we can keep our blood fresh and clean by supplementing with systemic enzymes.

WHAT ARE ENZYMES?

Enzymes are proteins that act as catalysts for the millions of chemical reactions essential for the body's survival and vitality. Nearly every bodily process depends on the proper functioning of different enzymes, from breaking down food to building, maintaining, and repairing every cell and tissue.

There are two main types of supplemental enzymes. Digestive enzymes are responsible for breaking down food in our digestive tract to absorb and use its nutritional components for nourishment. These enzymes, including lipase, amylase, and protease, are produced by the pancreas. Unfortunately, production tends to decrease with increasing age. Like their digestive counterparts, systemic enzymes serve to break down larger (macro) particles into much smaller (micro) nutrients. However, instead of being confined to the digestive tract, systemic enzymes are designed to survive degradation by stomach acid and other digestive processes to be taken up through the intestines and lymphatic system and spread throughout the body via the lymph circulatory systems.

The roughly five liters of blood that flow throughout the adult human body are essentially the river of life. Its currents help transport and distribute vital oxygen and nutrients to every cell and dispose of carbon dioxide and other cellular wastes. Just like with any river, if the wastes and toxins from the cells are not adequately cleared out of the bloodstream, the trash starts to build up, creating a sort of dam of the detoxification pathways.

Supplementation with systemic enzymes supports healthy levels of cellular debris, circulating immune complexes, decayed or oxidized cells, fibrin, and fatty proteins in the blood. Enzymes use a lock and key mechanism to adhere to and break down dead, decaying, or non-living particles, leaving living tissue undisturbed. If the enzymatic key doesn't fit, which is the case with living tissue, the enzyme leaves it alone. Therefore, unlike some pharmaceutical chemicals that support symptom reduction but are potentially destructive to living tissues, enzymes naturally only target waste without harming vital organs and tissues in the process.

Some systemic enzymes function as circulatory purifiers, assisting in the digestion of debris from the cardiovascular system, which softens blood plasma and reduces stress on the arterial walls. In addition, by digesting cellular debris such as fibrin and other proteins, systemic enzymes support normal healthy blood flow and viscosity.

Nattokinase, a fibrinolytic enzyme, has been shown to aid in the breakdown of clotting factors such as fibrinogen, factor VII and factor VIII in healthy humans. Bromelain, a pineapple extract, has been identified in animal and human studies to have properties that support normal blood viscosity, such as preventing the aggregation of platelets. Serrapeptase is a proteolytic enzyme that helps break down fibrin and other proteins that can factor into adverse blood clotting, helps the body clear fluids related to overactive inflammatory responses, and supports physical comfort by blocking the release of bradykinin. According to doctors who recommend systemic enzymes, there is an indication that their patients' blood shows similarities to the blood profiles of younger patients.

ARE ENZYMES SAFE?

No serious or adverse side effects have been reported from taking systemic or digestive enzymes. Clinical studies have shown that even substantial doses of these enzymes are not toxic. If you take blood-thinning medication or are pregnant or nursing, you should consult with your physician before taking any enzyme supplement.

*Citations are available at
rcherbals.com.*





EL SANTUARIO de CHIMAYO // NEW MEXICO
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WINDOW OF WANDERLUST

WORDS & WISDOM

Raymond
Apprentice Marketing Magician

"Nature loves courage. You make the commitment and nature will respond to that commitment by removing impossible obstacles. Dream the impossible dream and the world will not grind you under, it will lift you up. This is the trick. This is how magic is done. By hurling yourself into the abyss and discovering it's a feather bed."

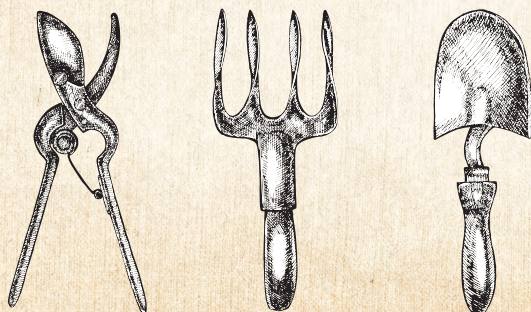
- Terence McKenna

HOMESPUN

Flip Your Strip

I've owned my home since 2017. Since doing so, the grass strips between my sidewalk and the street in front of my house have been the bane of my existence. This troublesome area was once full of weeds and challenging to mow. To add to that, watering it properly was nearly impossible; watching the sprinkler water fly right over the strip into the street drove me absolutely nuts. I tried to adjust my sprinklers and even hired a sprinkler company to correct the issue, but I was informed no company had invented an efficient way of watering parking strips.

I didn't let that deter me, however. In further researching my issue, I learned my county has a Flip Your Strip program. If you pull your grass out and switch to water-wise landscaping, you will be partially reimbursed. Besides being cost effective, pulling out the grass in your parking strip saves water. Government experts in Utah estimate removing just this section of grass will save you between 5,000-8,000 gallons of water per year for an average household. Because I'm located on a corner lot, I'm probably on the higher end of that range.



-Aspen | Trainer of The Things
& Herbal Authoress

I received some bids but I ultimately did not want to spend \$5,000 or more on a local landscaping company. Instead, I heaved a heavy sigh and decided to do it myself.

Here's the breakdown of all I did and what it cost to do it:

Rented a sod-cutter from Home Depot (\$100)

Advertised the cut sod for free online, which cleared out most of the sod (\$0)

Installed a weed blocker (\$75)

Signed up for a wood chip delivery via ChipDrop (\$20 donation)

Bought planters (\$300) and two drip line irrigation kits (\$80)

Set up planters and drip lines, using wood chips to fill the strip

Placed chips in the planters, filling up the remaining space with organic soil (\$40)

Planted lovely flowers in the new planters (\$100)

All things considered, the parking strip project only cost about \$650! It was a lot of hard work, but it was so satisfying to watch everything evolve. It helps that I know I'm doing my part to reduce water waste and help our state and planet. I also installed three raised garden beds (in addition to the three I had) and ripped out half my lawn to create a desert meadow.

For more ideas on what you can do to help save water and improve your yard, visit The Utah Division of Water Resources, Slow The Flow, or research any of your local programs and conservation initiatives.

CREW CRAZES

ROCKHOUNDING

-Chris | Director of Sales



Lately I've been obsessed with rockhounding. What is rockhounding? It is searching for and learning about rocks, minerals and fossils wherever you may be. I like it because it slows the world down from my usually busy pace and is like a geological treasure hunt. I can rockhound anywhere I go, by myself or with friends or family. Being outside in nature recharges my batteries and reduces my anxiety. Rockhounding is a low budget hobby with no experience needed, and can be done in a small or large amount of time. Searching for natural wonders in the dirt has given me an appreciation for the Earth and its Creator. Nature is a wonderfully wise teacher, as many parables and metaphors often find me during a rockhounding session. If you do a quick internet search of rockhounding in your area, you are bound to find several locations to explore within an hour's drive. The thrill of the hunt and the joy of a find will keep you coming back for more.



M U L L E I N L E A F

F I E L D G U I D E

This herb has been used in various global traditions to soothe the respiratory tract. Whether applied as a warm poultice, taken as a tea, or infused into a steam bath, the goal to manage airway health has always been the same. It was also used to ward off Native American spirits, as a dye for Roman women's clothing, and as a wick for lamps in ancient Greece. So ignore people who claim it's a weed; mullein produces pretty flowers and can grow up to 7 feet tall with fuzzy leaves. What's more, bees love it, and it makes a great addition to a drought-resistant meadow landscape. You will find Mullein leaf in RidgeCrest Herbals' SinusClear™ and ClearLungs® Immune.

DIY HERBALIST IDEA

*Make a warm
mullein leaf
poultice to help
loosen splinters.*



VERBASCUM
THAPSIS



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



LIVERCLEAN NATURAL CLEANSE & SUPPORT

Ok, here's a "put a finger down" challenge: Put a finger down if you knew your liver was the second largest organ in your body. Put a finger down if you knew your liver not only filters out alcohol but performs hundreds of different functions. Put a finger down if you knew that your liver creates your blood. Put a finger down if you knew your liver can regenerate itself like a freaking starfish. Put a finger down if you knew a healthy liver is a crucial part of your immune system, containing over half of the body's supply of macrophages. How many fingers do you have left? When I did this...yeah, there were no fingers left on that hand. Now that we know how important the liver is, it sure would be nice to have a product designed just to support a healthy liver...oh wait! RidgeCrest Herbals' LiverClean™ can help uphold healthy liver function by providing essential building blocks that support the liver and its crucial role. Proactive care is necessary to keep

the liver healthy. The only body part to double-bill as a gland and an organ, the liver bears the brunt of the unhealthy things we do every day. Our LiverClean™ can be used as a gentle detox, and many people combine it with our KidneyAid™ formula for best results. It can be used for short-term support or daily maintenance.

LiverClean™ combines the multi-faceted strengths of Native American, Ayurvedic, Chinese, and South American herbal ingredients and traditions. Barberry Root Bark contains berberine, which may help support a healthy inflammatory response. Blessed thistle is believed to affect the production of gastric juices positively. Boldo contains essential oils and isoquinoline to support uric acid production. In addition, dandelion root has many benefits for many bodily functions and has been used in TCM for centuries. The Wild Yam was used in TCM to encourage bile production. Nature is amazing!

JUNE | 2023

SIX
0606
SIX
0606

SUN MON TUE WED THU FRI SAT

"Trim back spring flowers after they bloom to stop seed production. It will push energy back into dividing the bulb- but leave the stem and leaves until all the green is gone." - *Melissa*

1
**PRIDE
MONTH
BEGINS**

2
*National
I Love My
Dentist
Day*

3
**World
Bicycle
Day**

4
**NATIONAL
HUG YOUR
CAT DAY**

5
**WORLD
ENVIRON-
MENT
DAY**

6
*National
Higher
Education
Day*

7
**NATIONAL
VCR DAY**

8
**WORLD
OCEANS
DAY**

9
**NATIONAL
STRAWBERRY
RHUBARB
PIE DAY**

10
*World
National
Iced Tea
Day*

11
**KAME-
HAMEHA
DAY**

12
**WORLD
DAY
AGAINST
CHILD
LABOR**

13
**NATIONAL
SEWING
MACHINE
DAY**

14
**WORLD
BLOOD
DONOR
DAY**

15
**NATURE
PHOTOG-
RAPHY
DAY**

16
*Blooms
Day*

17
**WORLD DAY
TO COMBAT
DESERTI-
FICATION &
DROUGHT**

18
**FATHER'S
DAY**

19
JUNETEENTH

20
**WORLD
REFUGEE
DAY**

21
**Sum-
mer
Sol-
stice**

22
**WORLD
RAINFOREST
DAY**

23
**TAKE
YOUR DOG
TO WORK
DAY**

24
*International
Fairy Day*

25
**COLOR
TV DAY**

26
**NATIONAL
BEAUTICIAN'S
DAY**

27
**NATIONAL
SUNGLASSES
DAY**

28
*Tau
Day*

29
**NATIONAL
CAMERA
DAY**

30
**INTERNATIONAL
ASTEROID
DAY**



HEALTH INDUSTRY HEROES

-DR. ELIZABETH BLACKWELL-

The first woman in America to receive a medical degree, Dr. Elizabeth Blackwell was born in England in 1821 to Quakers who were anti-slavery activists and women's suffrage supporters. In 1832, the Blackwell family moved to America. While helping to care for a dying friend who felt she would have fared better if she was in the care of a woman doctor, Elizabeth was inspired to pursue medicine. At this time, women in the medical field, especially those aspiring to become licensed doctors, faced intense discrimination. Nevertheless, in 1849 she graduated first in her class!

-WILL | GINGER BEARD OF POWER

CUJO WAS A SAINT _ _ _ _ _

Mind, Body, Soul.

THE BENEFITS OF HAMMOCK YOGA

-Allison |
CSR Enigmatic Entity

Have you ever tried hammock or aerial yoga? Recently I attended an introductory class and I have been hooked on the practice ever since!

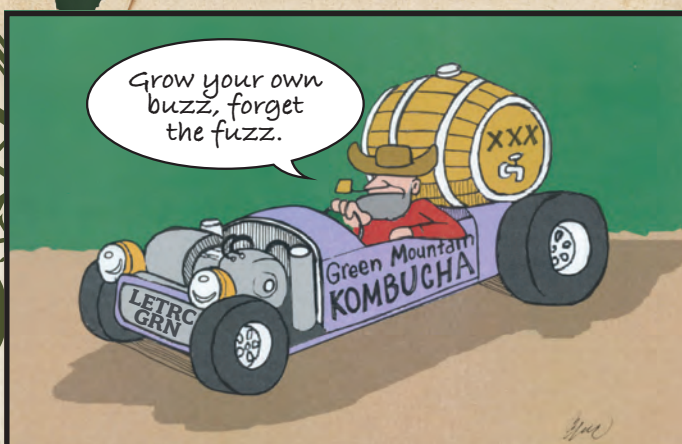
I have always struggled with some yoga poses; I thought I had great balance until I tried some new classes. I should have known better than to try an advanced class! If you've never done it, just know it takes considerable strength.

Hammock yoga is a new way of exercise altogether — and it is amazing! There are so many incredible benefits that go along with hammock yoga. Numerous poses have you hanging upside down, allowing your spine to lengthen. And because you are using a hammock to aid you in all you are doing, there is far less strain on your back. It can even help ease tension in the spinal cord and hip joints.

Aerial yoga can help detoxify the circulatory and lymphatic systems. It helps improve balance, increases strength, and helps release happy hormones like dopamine and endorphins, which are known to boost your mood. Achieving these benefits allows you to improve flexibility and experience a total body workout.

There are different levels of hammock and/or aerial yoga, from beginner to advanced. I was after some gentle stretching and remaining closer to the ground, the class felt so good! I choose any class that allows me to hang upside down, mainly for the lengthening benefits, to support my recovery after pinching a nerve in my back.

Want to get all the benefits of yoga, but have the support of a hammock? Want to protect your back while exercising? Step out of your comfort zone and try one of these classes!



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

IS MR. BIG'S REAL NAME ON SEX AND THE CITY

WEIRD, WILD &

WONDEROUS



THE LOST LEGACY OF TARTARIA

-Raymond | Apprentice Marketing Magician

HISTORY LOST: The great Tartarian empire was likely left out of your history books when you were in high school. Tartary was a blanket term used by European geographers from the 13th to 19th centuries to describe the vast northern territories of Asia. They used the name to describe a large region filled with tall mountains and barren tundras unfamiliar and uninteresting to European explorers. Tartary eventually became divided by what would become the ruling kingdoms of India, Russia, and China.

But what if Tartary was not just a place, but a civilization, a culture, and even a remnant of the past? Why would it have been left out of history?

THE THEORY: History is written by the victors — and the authors they hire. Modern historians have noticed that until the 18th and 19th centuries, maps included a region called "Tartary" or "Grand Tartary" in the east of Russia, Central Asia, and Siberia. It was referenced in a 1701 geographic publication containing the descriptions of Asia, Africa, and North America as "The country of Tartary."

An image found in a 1771 edition of the Encyclopedia Britannica shows the country of Grand Tartary extending from the Mediterranean to what could be assumed is the Alaskan coast. Finally, Tartaria is referenced in a 1957 CIA report about the Communist party. The report details how in 1944, the Central Committee of the Communist Party of the Soviet Union ordered the national Tartar Provincial Committee "to proceed with a scientific revision of the history of Tartaria."

A direct quote from the report reads, "In other words, Tartarian history was to be rewritten, let us be frank, - to be falsified, in order to eliminate references of great Russian aggression against Tartaria and to hide the true outcome of Russian-Tartar relations."

CONCLUSION: The most notable way we can discern if a culture has been lost to history would be to look for references elsewhere throughout the world. The most obvious would be the remnants of structures and architecture definitive to the Tartarian culture described. With archeology and anthropology learning more and more about our past each day, the evidence is only as strong as the supporting evidence behind it. But I don't claim to be anything more than an amateur historian, so you will have to decide for yourself.

HIDDEN SOY



-Shae | Customer Service Queen

INTRODUCTION

Let's go on a scavenger hunt. Comb through your pantry, along with your beauty and hygiene products: how long does it take to find five products with soy? It may be listed as soy, soybean oil, soy lecithin, hydrolyzed soy protein, or soy flour. How many did you find? While these ingredients are the more common ones, soy can be called by other names.

PERSONAL HISTORY

In my early twenties, I was diagnosed with polycystic ovary syndrome (or PCOS). It came with hormone imbalance, hirsutism (hair growth in unexpected areas), and amenorrhea (absence of menstruation or missed periods, which causes infertility). Since my teens, I have also struggled with digestive issues that have worsened with age.

These issues have fueled my quest for better personal health. I researched and learned about what could affect my issues — food, chemicals, beauty products, and household products — and eliminated them. I read books such as *Taking Charge of Your Fertility* by Toni Weschler. I developed a comprehensive nutrition and supplement plan to support my hormones. I was invited to a PCOS food challenge and support group by Kym Campbell (www.smartfertilitychoices.com). I listened to my body, paying attention to how certain foods affected me. Along the way, I learned soy could be one cause of my issues. I was taken aback by how many products contain soy! It can be hard to control your intake of anything when it is hidden in everyday products, including the feed of the animals helping to create the products you consume.

CONCERNS

While soy has many uses — and some great benefits — it is not suitable for everyone.

It may be linked to allergies. Soy is estimated to be one of the eight most common food allergens. Soy allergy symptoms can include itchy skin, swelling lips and tongue, wheezing, shortness of breath, hoarseness, tightness in the throat, nausea, vomiting, colic, abdominal pain, and diarrhea. Soy intolerance can also include gas, bloating, runny nose, cough, and fatigue. It may affect your hormones. Outside of allergies and intolerances, soy is an endocrine disruptor, which is any chemical compound that interferes with the normal function of the endocrine system. This is our body's messenger system that controls our hormones, containing nearly all processes in the body. This disruption can affect heart rate, appetite, metabolic function, sleep, mood, anxiety, depression, thyroid function, digestive function, sexual and reproductive function.

It may lead to unwanted exposure. While soy has been consumed for centuries by many cultures, glyphosate was not used, and it went through a fermentation process that helped neutralize some effects. However, large-scale agriculture pushed this plant into being genetically modified and the use of glyphosate is high. As a result, soy is a leading food source of glyphosate exposure. Glyphosate has been linked to cancer, liver damage, endocrine disruption, and reproductive and developmental issues.

PROPERTIES OF SOY

Goitrogenic foods like soy can interfere with the normal function of the thyroid, causing goiters or swelling, and also interfere with iodine absorption. Without this, the thyroid can not produce hormones like T3 and T4. The thyroid is responsible for metabolism, certain brain functions, digestion, and energy.

Phytoestrogens are foods that mimic human estrogen. This can disrupt sex hormone levels, including estrogen, testosterone, and the ovulation cycle. These changes can alter sexual behavior, aggression, and anxiety-related behaviors.

Lectins are carbohydrate-binding proteins that can damage cellular communication. As a result, they cause immune responses and mental and physical health issues. Lectins also bind to nerve endings, causing blood cells to clump and attach to viruses and bacteria.

WHAT TO DO

Could soy be a reason for health issues? It's possible. Start reading the labels of your food and beauty products. Try an elimination diet and see if and how your body changes. Common places soy hides include baked goods, canned broths or soups, canned meats like tuna, cereal, cookies, and crackers, protein powders, energy bars, snacks, infant formulas, peanut butter, pet food, processed meats, sauces, soaps and moisturizers.

CONCLUSION

Every individual is different, and there are some benefits of soy as it contains good nutrients and protein. It isn't all bad. But if someone is struggling with food sensitivities, allergies, hormone imbalance, or digestive issues, it might be worth looking into things commonly found in our everyday lives, such as soy. Eliminating allergies, intolerances, endocrine disruptors, and glyphosate sources could also help. Getting to the root of our problems may take some digging, but it's worth the research and time if it can help us live happier and healthier lives.

This article was condensed for space. Citations and the full article are available on rcherbals.com.



YOUR GUIDE TO WRITING A HELPFUL SUPPLEMENT REVIEW



-Matt | Herbal Head Honcho

We have many customers who are big fans of our products and want to tell everyone they know — and even people they don't — how great these products are. Unfortunately, the glowing reviews they write about us often can't be published. So while we are thrilled with what they say about us, and will often pass their thoughts around the office to warm our hearts, we often can't use them on our website, or share them with others.

WHY? Well, the answer is complicated, but under US law, supplements can't "diagnose, treat, cure or prevent any disease." And while you have the right of free speech to say anything you want about the products you use, and what they do for you, manufacturers are much more limited in what they can say. If a manufacturer uses, approves, or publishes your testimonial, the FDA takes the position that they have approved your words. This forces manufacturers into the position of having to censor their own users—a burden that is not placed on public forums like Facebook, Twitter, TikTok, Amazon reviews, or other environments.

You may ask why the FDA takes this position. The FDA gets about 40% of its funding from drug industry "user fees," and like all bureaucracies, they know where their bread is buttered, and they are fiercely defensive of the drug monopoly they create and administer. For example, they take the position that any substance that is, or ever has been, the subject of a drug application — such as cannabidiol (CBD) or n-acetyl cysteine (NAC) — cannot also be a supplement, even if the markets and uses are completely different. (They have threatened both of these popular supplements in recent years.) Bottom line: if they can "defend" their drug industry Goliath from our supplement industry David, or prevent an ounce of prevention from being worth a pound of cure, then as regulators, they will.

Manufacturers have to censor reviews that appear on their own site, but if you write your review in a health forum where the manufacturer has no control or influence, you can say whatever you want. Some product-review websites, like Yotpo.com, take product reviews from customers but don't allow manufacturers to edit reviews or submit paid reviews. But if you want your review to be most useful to others, here are a few tips:

Don't talk about diseases. Don't mention any diagnosis or disease by name—that's the surest way to get your review censored. Don't mention heart disease, diabetes, arthritis, asthma, or other medical conditions that you may have. Instead, talk about normal conditions of life or aging, and how they affect your daily life, like "aches and pains while gardening" or "morning cough and phlegm."

Try not to talk about "disease symptoms." Yes, FDA thinks even ordinary pain and inflammation may be "symptoms of disease," but if you start talking about uniquely disease-specific symptoms or measures, like blood pressure or cholesterol levels, you may not be helping as much as you think. This is a tricky area: coughs, sneezes, stuffy noses, watery eyes, tummy aches, headaches, body aches, occasional sleeplessness, lack of energy, or other problems can be ordinary annoyances of daily life or getting older, and are not necessarily symptoms of any specific disease. They might be caused by weather, environment, seasons, age, genetics, life experiences or injuries, or other things that aren't necessarily diseases. But the more it sounds like a medical condition, the more likely you'll get censored. Just try to be careful.

Don't name names. Mentioning or comparing to other products (supplements or drugs) by name just creates problems. Instead, just say something general, like "I've tried lots of other solutions, but this works best for me."

Do talk about life benefits. If you have more energy, or better concentration, or more patience; or if you find it easier to pick up your grandkids, or drive at night, or work in the yard; talk about it! Even the most determined FDA lawyers can't construe "living your best life" as a disease-related claim. And after all, isn't that what other people like you will want to hear, in relation to a product they are considering?

In summary, the best way to write a supplement review is to keep it positive. Talk about what you like about taking the product and how much better you feel. Here are some examples:

SAY THIS	NOT THIS
"It really helps me breathe better through my nose."	"It made my flu go away."
"My joints feel much better, and it's easier to move."	"It really helped my arthritis."
"I feel better about facing my day when I take this!"	"It helps me deal with my depression."

Finally, write to your senators and congressperson. Manufacturers shouldn't have to be in the business of censoring their users, especially when their users can say anything they want on forums like Amazon, Facebook, Twitter, and more. Also, don't let journalists get away with saying supplements are "unregulated"—we know better, and now you do too! There should be a better balance between protecting consumers from fraudulent claims, and allowing people to speak the truth about their own experiences when taking products.

It's only natural to share good news, so we humans like to share things we like, products that solve problems, stuff that makes us feel better. It should be celebrated, not censored! Here's to sharing your great experiences with others and filling the world with good news!



WINDOW OF WANDERLUST

LOWER CALF CREEK FALLS // UTAH
© ABBIEWARNOCKMATTHEWS

WORDS & WISDOM

Shat
Customer Service Queen

"The nature of our immortal lives is in the consequences of our words and deeds, that go on and are pushing themselves throughout all time. Our lives are not our own. From womb to tomb, we are bound to others, past and present, and by each crime and every kindness, we birth our future."

- David Mitchell,
Cloud Atlas

This quote reminds that we are all connected. In times when there is so much division, we must grasp onto what connects us.

HOMESPUN

Beet Relish or Salad

Beets are a fantastic superfood. They act as a bright red canvas you can customize for salads, use as salad additives, or, best of all, as a quick, cold snack to fit in between meals.

I don't necessarily believe in following exact recipes. We all have tastes; yours are likely different from mine. For this recipe, I will offer ideas that will work well together, but use your creativity to season your beet salad however you like.

First, a general warning to consider: Whenever cooking with beets, make sure you are wearing dark clothing. You may wish to swap out your kitchen towels from white to dark as well, so you don't end up with suddenly pink towels. Also, you probably don't want to stain your hands pink for a few days or more; use gloves if you have a scheduled photoshoot the following day.

RECIPE

6 beets (roughly the size of a large lemon)

1 onion (sweet, red, or white)

Fresh parsley

Redmond Real Salt

Olive oil

Apple cider vinegar

Honey

This cool, fresh salad can be eaten either with meals or as a healthy snack.



-Will | Ginger Beard of Power

INSTRUCTIONS

Boil beets in a large pot of water.

As beets boil, cut your onion into quarters and slice as thin as you prefer. Next, chop your parsley. Mix 3-4 tablespoons of olive oil with 2-3 tablespoons of honey and a dash of salt, and place your dressing in the refrigerator to chill.

When you are able to put a small knife or fork through the beets, they're ready. Remove all but one to cool, peel, and slice. The remaining beet will be smashed and added to the salad. Cut or cube your beets according to your preference. When they have cooled, chill.

Keep your final beet in boiling water until it feels extra soft. Remove and allow it to cool for a few minutes, then peel and mash it up with a fork. This will give the dish a nice consistency. Mix in the dressing you prepared earlier to the beet paste.

In a serving bowl, add the cooled beets, onion, parsley, and your beet/honey/oil paste together and fold. The dish will turn a beautiful range of pink to red. Want it to be even more vinegary, sweet, or salty? Taste, add, and improve until fully satisfied. Chill. eat and enjoy, knowing you are fueling your cells with good nutrition.

You may keep your salad in the fridge for up to a week. Stir each time before serving as you may experience oil separation after it's been sitting for a while. I find the flavors are really robust after chilling for about 24 hours or so.

This recipe is more than a salad, and can be used as a relish for any dish you choose. It is delicious when added to the top of plain hummus and eaten with pita bread or cottage cheese. It may also be scooped onto rice cakes, mixed into a green salad used like a dressing. Let your creativity run wild!





TROOP SCOOP

"WHAT IS YOUR FAVORITE RANDOM FACT?"



ASPEN: "There are more CEOs of Fortune 500 companies named John than there are female CEOs of Fortune 500 companies at all."

ALLISON: "If you point your car keys' keyless entry remote at your head, it increases its signal range by using your brain as a transmitter. I mean, what the heck?"

TARA: "Did you know that 82.7% of statistics are made up on the spot?"

MATT: "You have more non-human cells inside your body than human ones."

BRITTINI: "Slugs have four noses, two for seeing and smelling, and two for touching and tasting."

RAYMOND: "The reason China produces most of the world's electronics is because most of the global supply of rare earth minerals is located in that area."

MEAGAN: "There is the same percentage of intersex people in the world as redheads."

WILL: "Platypus are venomous."

SHAE: "*Turritopsis dohrnii*, or the immortal jellyfish, simply regenerates its cells when it is old, hurt, or hungry. This process is called transdifferentiation, and it's theorized it can live forever. It can also age in reverse."

NICHOLE: "The earthworm we all know and love is not native to the United States."

CHRIS: "The national animal of Scotland is a unicorn."

NICK: "Here's a twofer: A cow-bison hybrid is called a beefalo, and pastrami is actually beef bacon."

G I N K G O B I L O B A

FIELD GUIDE

Ginkgo biloba is one of the oldest known plants in existence. It was around with the dinosaurs and survived the ice ages. We have fossils of this plant to prove it has been around long before humans were, and chances are it will be around long after we are gone. Despite its long history and use in TCM for thousands of years, Western civilization only became aware of this herb in the last 70 years. Ginkgo has gained popularity rapidly, especially for brain function, clarity, energy, and supporting blood flow to the brain. Several studies have considered the potential of Ginkgo biloba for brain support, mood support, and mental longevity. This is why you will find it in RidgeCrest Herbals' newest herbal and probiotic supplement, and only probiotic, Intelligut™!

GINKGO
BILOBA

DIY HERBALIST IDEA

*Ginkgo biloba nuts
are a popular and
tasty snack at bars
in Japan!*

SCAN TO
LEARN
MOREPRODUCT
SPOTLIGHT

CLEARLUNGS SPORT

Hey, Ace! We went to the mat for our sporty McSportsers, who like to sport while breathing as most sportsmen and sportswomen do. So RidgeCrest Herbals used our wheelhouse to run interference, making sure you can push your ball over the goal line. ClearLungs® Sport is a 1-2 punch, combining the core ingredients of our heavyweight ClearLungs® respiratory support with a knockout punch of herbs designed to support normal oxygenation so you won't get left on the ropes. So go sport all the sports, sport!

We here at RidgeCrest Herbals are working hard every day to help you reach your peak. When we learned that some of our customers were using our famous ClearLungs® specifically to

support their athletic performance, our amazing herbalist formulated a blend of additional herbs that could help support lung strength and oxygenation just for our athletes. She added in Cordyceps, Rhodiola, and Eleuthero root for lung strength and muscle recovery. We also added our patented Availblend, a special mix of peppers designed to support bioavailability and absorption of the other ingredients.

In 2019, ClearLungs® Sport won its first of what will surely be many awards, the 2019 Taste for Life Essentials Award (Sports Performance category). It is a great way to help your body be ready to accept oxygen from the world around you. Speaking from a city at a 4,000 foot elevation, that can be a big help!



IN BACK TO THE FUTURE, MARTY AND THE DOC TRAVEL BACK TO THE YEAR _ _ _ _

JULY | 2023

SEVEN
070707
SEVEN
0707

SUN MON TUE WED THU FRI SAT

"Many men go fishing all of their lives without knowing that it is not fish they are after." - *Henry David Thoreau*

1

INTERNATIONAL
JOKE DAY

2

WORLD
UFO
DAY

3

International
Plastic
Bag Free
Day

4

American
Independence
Day

5

NATIONAL
BIKINI
DAY

6

INTERNATIONAL
KISSING
DAY

7

GLOBAL
FORGIVENESS
DAY

8

National
Video
Game Day

9

NATIONAL
SUGAR
COOKIE
DAY

10

National
Kitten
Day

11

NATIONAL
MOJITO
DAY

12

NATIONAL
SIMPLICITY
DAY

13

National
French
Fry Day

14

PANDE-
MONIUM
DAY

15

NATIONAL
GIVE
SOMETHING
AWAY
DAY

16

Guinea
Pig
Appreciation
Day

17

GLOBAL
HUG YOUR
KIDS DAY

18

World
Listening
Day

19

Islamic
New
Year

20

INTERNATIONAL
CHESS
DAY

21

NATIONAL
JUNK
FOOD
DAY

22

National
Hammock
Day

23

National
Gorgeous
Grandma
Day

24

Pioneer
Day
(Mar)

25

NATIONAL
HIRE A
VETERAN
DAY

26

Uncle &
Aunt Day

27

NATIONAL
CREME
BRULÉE
DAY

28

WORLD NATURE
CONSERVATION
DAY

29

INTERNATIONAL
TIGER
DAY

30

INTERNATIONAL
FRIENDSHIP
DAY

31

HARRY
POTTER'S
BIRTHDAY



- SLUMBERKINS -

Slumberkins is a company dedicated to teaching children emotional intelligence. They have a series of bedtime books that all end with positive affirmations you can say with your children to teach them about anger, fear, family changes, social responsibility, individuality, and courage. They also sell coordinated snuggle toys with sensory-calming features perfect for a Cozy Corner when your child needs time to calm down or feel their feelings. My son especially loves the Alpaca book!

- ASPEN | DIRECTOR OF TRAINING & HERBAL AUTHORESS

THE ALTERNATE DIMENSION IN STRANGER THINGS IS CALLED THE _ _ _ _ _

Mind, Body, Soul.

HOW TO SOLO HIKE SAFELY

-Nichole | Magical Marketing
Millennial

Ahoy! As an avid outdoor enthusiast, These tips help me stay safe when hiking solo:

1. Learn hiking and first aid skills before attempting to hike alone.
2. Know your hiking abilities and limits - remain on the trail.
3. Trust your instincts. If something doesn't feel right, it's probably not.
4. Let someone know you'll be hiking: They should know the day, start & return time, trailhead name and location, planned route, vehicle description, and the local authority phone numbers.
5. Know what local wildlife you may encounter and what to do.
6. Check the weather. Wear appropriate gear.
7. Visit a Ranger Station before you begin if possible.
8. Bring your cell phone and an external battery pack.
9. Learn to use a compass and read a map.
10. Park your vehicle in an obvious place and leave your information inside.

PACK THE ESSENTIALS, INCLUDING:

Drybag	Physical Map or GPS	Protection (Bear spray, knife, gun)	Water	Insulation/extra clothing	Sun & Bug protection
Food	Emergency Blanket	Fire kindling	Fire starter	Twine/Rope/Paracord	Bandana
Headlamp	Utility Tool	Lip balm	Compass	Signal mirror	Whistle
Water purification tablets & water filter	Miniature duct tape	Batteries	Waterproof notepad & pencil	Toilet Paper	Empty container to hold kit

Have fun, be safe, and don't forget to "Leave No Trace" when exploring the great outdoors!



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

"NOBODY PUTS _ _ _ _ IN THE CORNER"

WEIRD, WILD &

WONDEROUS



RED-HAIRED GIANTS

-Will | Ginger Beard of Power

In the early parts of human history, storytelling was how notable events and happenings were passed on from generation to generation. Eventually, these stories were written down and preserved on paper, including this one.

Born Thocmentony (meaning "Shell Flower"), Sarah Winnemucca Hopkins shared this tale in her 1884 book *Life Among the Paiutes: Their Wrongs and Claims*. The story is either based on fact and exaggerated over time, or it never took place at all. And because we will never fully know the answer, you may arrive at your own opinion.

Hopkins wrote of a race of giants called the Si-Te-Cah. They were described as vicious, warring people that would catch, kill, and eat anyone they could from other tribes. Their violence caused the uniting of many tribes in the Utah, Arizona, and Nevada areas. The author claims they united to wipe the warring giants to extinction for self-preservation. During the eventual attack on the Si-Te-Cah, the warriors retreated to what is now called Lovelock Cave. The tribes held themselves at the cave's opening, trying to lure the Si-Te-Cah to come out and fight. After some time, the tribes built a giant fire in the cave's mouth to drive them out. According to the story, a few giants suffering from smoke emerged, and all were quickly killed under a barrage of arrows. All others remained in the cave until they suffocated. That was the end of the Si-Te-Cah.

Later, Europeans explored the cave and discovered it was full of bat guano, valuable for making explosives and fertilizer, which they then collected. During that excavation, they also discovered human bones, basketry, pottery, and other relics. Scholars and other groups also studied the surroundings. To this day, this mysterious cave still delivers ancient discoveries that date even farther back than this story. There were skulls found with red hair, and some of the bones measure people to be as tall as 6'6", an enormous height for people of that time.

So yes, there is likely some truth to this tale!

THE POWER OF FORGIVENESS



-Allison | CSR Enigmatic Entity

It's often said the power of forgiveness will set you free. I always thought this was a bit cliché. Forgiveness is hard to rationalize and put into action. It's easier to hold onto anger as it is a strong, blinding emotion.

Sometimes we want to punish someone for how they have made us feel or for what they have done. Doing so can do further damage, however. While it's important to be able to recognize and avoid toxic people, if we distance ourselves from everyone to avoid pain, we can miss out on a lot of great friendships. I believe the first step is forgiving ourselves for the anger we may have toward certain situations or people. Accepting that it is okay to feel angry can lead to healing.

I often examine my own life experiences, sifting through feelings of anger or betrayal and reconciling them. My divorce, for example, was hard and often still is. I do fall back into anger sometimes. I married someone who made up his own history, claiming he served in Iraq in the Marine Corps. We had a child together. After five years, he met and had a child with someone else before our divorce was finalized. There were always red flags, but I ignored them, chalking it up to posttraumatic stress disorder (PTSD). Eventually, I discovered the man I married wasn't a veteran of anything but jail time, serial dating, and deceit. I receive no child support, and he's had no communication with his son for six years. Understandably, I have a hard time forgiving him. On the other hand, if I hadn't met him, I wouldn't have my amazing son. I would not have reconnected with my family or found a job I love. So regardless of the anger and disappointment I have felt, I am thankful he was in my life. Of course, I still have moments where that anger builds up again. But recognizing how I'm feeling and understanding that it hurts no one but myself helps me let go a little more each time. I can acknowledge that none of what happened reflects my worth.

There are two sides to forgiveness: decisional and emotional. On the decisional side, you choose to wish no longer for bad things to happen to someone and replace ill will with goodwill. On the emotional side of forgiveness, you have to move away from the negative feelings and stop dwelling on how you were wronged. According to Dr. VanderWheele, co-director of the Initiative on Health, Religion, and Spirituality at the Harvard T.H. Chan School of Public Health, emotional forgiveness is harder. It takes longer to achieve than decisional forgiveness. Life can trigger memories unexpectedly, and we will relive negative emotions, which take longer to heal.

Learn to forgive by starting small. Like with any skill, forgiveness can take practice.

Try looking at the little things that happen each day. A family member or friend saying or doing something may upset you, but you often realize their intention was not to hurt. Does it matter in the grand scheme of things? Let go of negative feelings and move towards forgiveness. Note that this does not imply you should accept abuse or controlling behavior or that you need to continue to allow abusers or manipulators in your life. As for the little annoyances and unintentional hurts, you can allow them to pass over you like water on a stone.

Studies have found that forgiveness can do wonders for your health. People experience less anxiety, depression, and stress. It also lowers blood pressure, reduces pain, improves cholesterol levels and sleep, and lowers the risk of heart attacks. Chronic anger or anxiety puts your body into fight or flight mode, which raises blood pressure and heart rate.

Realizing you can't control anyone but yourself is good to remember. Someone may say something to you that you dislike, but you can control your reaction. It also helps to learn to let go of expectations to help avoid disappointment. None of this is easy to do. It takes work.

Forgiveness does not mean we need to forget, nor should we tolerate evil or negative actions. Rather, forgiveness means making the conscious decision not to let negative emotions consume us. Believe in your worth and realize it's not about someone else. It's about taking control of your health, life, and emotions. It's about setting yourself free!



THE EVOLUTION OF PARENTING



-Meagan |
AP/AR Treasure Dragon

The early era of parenting in the 18th century would later become categorized as **Authoritarian**. Parenting was based on strict rules, force, shame, threats, manipulation, and verbal and physical punishment. Any needs or wants of a child were not acknowledged.

A popular book published in 1928 by John B. Watson called *Psychological Care of Infant and Child* told parents children “should be seen as objects to be strictly shaped, molded, and controlled.” This was the era of “A child should be seen and not heard.” This meant a child was only considered “good” if they were completely compliant, suppressed emotions, and didn’t question or negotiate. This was the most popular parenting style up to post-World War II and is still highly popular in some cultures and religions.

Doctor Benjamin Spock’s book *Baby and Child Care* was published in 1946. Mothers were encouraged to trust their parenting instincts instead of abandoning them. Spock urged parents to see the world through a child’s perspective to understand their personality, behavior, needs, and development. Spock was a spokesman for what is now called Age-Appropriate Discipline. This is discipline centered around what a child is capable of at certain ages and stages of their development.

In the mid-1960s, developmental psychologist Diana Baumrind categorized the three most widely used parenting styles of the time: **Authoritarian**, **Permissive**, and **Authoritative**. A fourth parenting style, **Neglectful** or **Uninvolved**, was added later. These are sometimes known as the Baumrind parenting types and can be divided by two factors: warmth and expectation.

Authoritarian parenting is based on low warmth and high expectations. Authoritarian parents are controlling, have strict rules, and value conformity. They expect no errors or mistakes and punish harshly. Modern research shows that children of authoritarian parents tend to be less independent due to tightly controlled childhoods. They have difficulty making decisions, appear insecure with low self-esteem, have poor social competence, and are prone to mental issues and substance abuse.

Permissive parenting is known for high warmth and low expectations. Permissive parents are warm, nurturing, and responsive, giving their children full freedom with few boundaries. There may be threats from parents, but follow through is rare. The kids get what they want, and their parents are often their friends, who must negotiate or bribe to get their children to do what they need them to. Children of permissive parents have good self-esteem and social skills but lack self-regulation, self-discipline, and impulse control, leading them to be more demanding and selfish.

Authoritative parenting (also known as **Gentle** parenting) is high warmth and high control. Don’t confuse this with **Authoritarian** parenting despite the similar words. The word **Authoritative** is referencing the role of the parent as a guide or “authority” in the child’s world. **Authoritarian** refers to the role of the parent as the judge and enforcer of rules and punishment. **Authoritative** parents have high expectations but are also warm, responsive, and nurturing. They encourage independence and give freedom within age-appropriate limits. The child’s needs and opinions are respected, and they are given reasonable demands and consistent boundaries. The child is respected as a human being who has a right to at least an explanation of boundaries and rules, even if those rules are not up for negotiation. Many studies and research have found that children of **Authoritative** parents tend to be more independent and self-regulating, have higher self-esteem, and have good academic achievement.

Uninvolved/Neglectful parenting is low warmth and low expectation. Uninvolved parents are indifferent to their children’s needs and have no boundaries or high standards. Basic needs like food and shelter are taken care of but, aside from that, the parent shows no control or warmth. While children of **Neglectful** parents usually end up resilient and more self-sufficient, it’s also been found that they are unable to self-regulate, have low self-esteem, struggle with substance abuse, suffer academically, and find it difficult to maintain healthy relationships.

Like many Millennials, I have added many different parenting techniques than what I was raised with. That is all thanks to the progression of child psychology and access to information. I believe as parents we do the best we can with the information available at the time. Now that you know these styles, what do you think your parenting style is (or was)? Have you used the same style as your parents or something altogether different?



SUMMER NOURISHMENT



WHAT DOES YOUR GARDEN NEED FOR NOURISHMENT THIS SEASON?

-Melissa | Director of Operations

Summer is a busy time in the garden. Here are a few tasks to keep your garden at its peak performance. Prune your spring trees and shrubs once they finish blooming, and divide bearded irises and deadhead any flowers that are done. Thin the fruit on your fruit trees. In your vegetable patch, try pruning your tomato plants to open the plant's canopy. Start your cool season crops, and side dress potatoes with nitrogen around mid-July. Don't forget to harvest your vegetables!

Plant summer annuals to add color to your borders, which also helps attract beneficial insects. Just don't plant on the hottest days of the year. You may need to supplement the water to your plants. Consider installing drip irrigation to keep your plants hydrated and water the roots instead of the leaves, which can help you avoid plant diseases.

Pests can be a problem this time of year, so keep an eye on any issues. Check and see if your local extension office offers any information on local pest problems to be aware of and how to treat them. Most importantly, take time to enjoy your garden at its peak!

WHAT DOES YOUR SOUL NEED FOR NOURISHMENT THIS SEASON?

-Shae | Customer Service Queen

Summer is about living and growing. It's for cultivating stories and nourishment for the rest of the year. It is a time for activity, soaking up sun rays and basking in moonbeams, immersing yourself in deep, cool waters, and deeply breathing in the beauty all around you. Days are longer, light is plentiful, and there is an evident, wonderful, effervescent freedom. Summer is possibility, ripeness, awe, dazzling wonder. It is fun! There is something about the magic of summer nights. There is abundance, pleasure, and joy everywhere. Summer is filled with big splashes of life meant to be devoured wholly.

The nourishment our souls need in summer is simply being in the moments of what summer gives us. We must be like the sunflower that follows the sun throughout the day, chasing all that is offered.

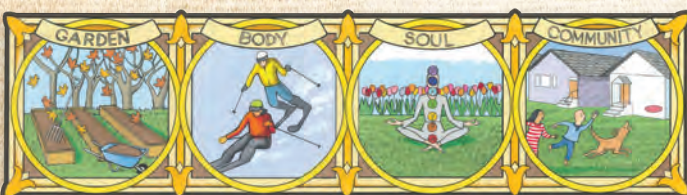
Drink up, convert the sunlight to energy, give, and just be.

Journal Prompt: What are ways I can celebrate the abundance of summer?

Now, do them. Make a summer bucket list, and accomplish at least half of those items.

"We should enjoy this summer, flower by flower, as if it were to be the last one we'll see."

-Andre Gide



WHAT DOES YOUR BODY NEED FOR NOURISHMENT THIS SEASON?

-Nichole | Magical Marketing Millennial

Summer is about work, play, and following the rhythm of the day cycle. The sun is out, it's warm, and the body is excited to feel and be in motion. With more movement and heat comes a greater need for energy and electrolytes you can supplement through the colorful produce of the season. Summer produce is colorful for a reason — they are packed with antioxidants and phytochemicals, both critically important for helping with common bodily ailments. They are also very rich in vitamins and minerals to start building your stores for hibernation season. As with any season, it's essential to make sure you're eating local varieties, where possible, that are relevant to your location. Below is a list of summer foods that are great for summer dining.

CHERRIES	RASPBERRIES	TOMATOES
BELL PEPPERS	STRAWBERRIES	RADISHES
EGGPLANT	CANTALOUPE	CARROTS
APPLES	CUCUMBER	WATERMELON
CORN	MANGOES	APRICOTS
PLUMS	CELERY	KIWIS
BLUEBERRIES	ZUCHHINI	AVOCADOS
BASIL	BEETS	BLACKBERRIES
CHARD	CHICKPEAS	CHILES
COLLARD GREENS	FIGS	GOOSEBERRIES

WHAT DOES YOUR COMMUNITY NEED FOR NOURISHMENT THIS SEASON?

-Raymond | Apprentice Marketing Magician

Since I've never had enough space to keep a large outdoor garden, I didn't know where to start. I knew I wanted to keep it in my backyard, but I didn't know what I would need to do to the ground to plant there. I simply began digging and set the intention I would research it later. Halfway through, a neighbor walked by and noticed what I was doing. He told me I needed to dig deeper and wider, and that nothing would grow there if I didn't add fertilizer and new soil to the mix. I asked if he would come to the store with me. On our way there, I told him about my plans. I was excited when he offered to help me with my garden in exchange for helping him with his garden! It feels good to help a neighbor because there is an understanding that you both will share in the benefits of your communal work. We are now talking about asking the local church for a plot of their land to start a community garden. I'm sure we can find some other neighbors interested in learning, planting, and growing along with us!



RAINBOW OVER SEDONA // ARIZONA
© ABBIE WARNOCK MATTHEWS

WINDOW OF WANDERLUST

WORDS & WISDOM

- Will -
Ginger Beard of Power

"All you touch and all you see is all your life will ever be."

- Roger Waters

This quote may seem negative but it's saying to experience all you can. It uplifts in at least two ways. One, I have done much I try to file away as "ordinary" experiences. But they're not! Two, I am in charge of my life. I need to make the most of it by not automatically focusing on the limits I have put on myself.

HOMESPUN

Earl Grey & Lavender Cookies

For me, springtime is easily the best time of the year. The sun rises earlier and stays longer. Flowers are starting to bloom and being met by honeybees, and fresh floral smells easily find their way into your home. Spring always gets me in the mood to start baking more. On a recent March morning, as I was drinking my cup of Earl Grey tea, I was struck with a delicious idea. I visited my local supermarket, picked up culinary-grade lavender and decided to make Earl Grey and Lavender Sugar cookies!

The recipe I used suggested pouring tea leaves directly into the batter. I followed those instructions, but was not satisfied. The cookies felt gritty and did not provide that beautiful aroma of tea and lavender I craved — I wanted the tea flavor to pop!

For my second batch, I poured my butter into a pot on the stove, set 3 tea bags in the butter, turned the heat on low, and steeped my tea in butter for about 10 minutes. That small change led to stunning results! Want to make your own? Here's what you'll need:

RECIPE

1/2-1 tsp culinary-grade lavender, finely ground
3-4 Earl Grey tea bags
1 cup unsalted butter
1-1/4 cup granulated sugar
2-1/4 cups flour
1/2 tsp baking powder
1/4 tsp baking soda
1/2 tsp salt
1 large egg
2 tsp pure vanilla extract



-Tyson | Sales & Service Moustache

INSTRUCTIONS

1. Place unsalted butter in a small saucepan and turn on low heat until melted. Add tea bags and stir 1-2 times every minute for 10 minutes. You don't want to burn your butter, but it must be hot enough to steep the tea. The butter turns to a medium to dark brown color once the tea is infused. Remove all from heat and let cool to room temperature.
2. Once cooled, combine butter with sugar in a mixing bowl. Creaming it with the sugar will be slightly different than usual, but trust the process.
3. Turn your mixer on low and add egg, vanilla, baking powder, baking soda, and salt. Lastly, add half of your ground lavender to the batter (saving the other half for garnish). Be sure to scrape the sides of the bowl to get an even mixture.
4. Slowly add flour until well mixed.
5. Using a spoon, scoop out twelve 1-inch balls of dough evenly onto your cookie sheet. Sprinkle the top of the dough with a little bit of sugar and bake in the oven for 9-11 minutes, until the edges are lightly browning. They will look underdone but will continue cooking as they cool.
6. Remove from the oven, garnish with sprinkles of lavender, and allow to cool. They are ready to serve!

These cookies are a fantastic addition to a beautiful spring morning — or any morning, really. Don't be surprised if the aroma filling your house causes everybody to ask when they can see you on The Great British Baking Show!

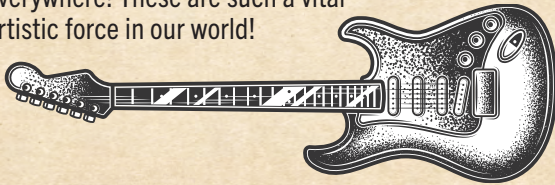
IT AIN'T OVER 'TILL THE FAT LADY SINGS" BECAME A COLLOQUIALISM THANKS TO _ _ _ _ _'S
OPERA, GÖTTERDÄMMERUNG.

CREW CRAZES

UNDERGROUND MUSIC SCENE

-Allison | CSR Enigmatic Entity

As I was preparing to move, I found a treasure trove of pictures from when I was younger. These photos brought back so many unforgettable memories. In the late 80s-90s, I was deeply immersed in the Underground Music Scene in Washington. This is a time when there were so many incredible bands before Punk and Grunge became more mainstream. I had the extraordinary fortune of seeing so many fantastic bands perform in backyards, basements, and small venues. I also formed bonds with some tremendous people I still feel as strongly connected to as I was then, even though I have not seen them for years. I love to see many of my friends still playing music when and where they can. Whether it's a street corner, a club, or a major venue, the love of music abounds. It's cool to see the connections that we all still have while sharing pictures over Facebook, and getting to see the fantastic people who helped shape my life is amazing. Long live Underground Music scenes everywhere! These are such a vital artistic force in our world!



HYDRANGEA

FIELD GUIDE

An ancient plant dating as far back as 70 million years ago, hydrangea gets its name from the Greek word for water vase. While there are many beneficial herbal uses for this flowering plant, one crucial distinction is its classification as a lithotriptic herb, promoting decalcification in the body. Because of this, it is used in various traditions for urinary health worldwide. It can promote comfort, be used as a diuretic, and can also support the kidneys, which is why you will find it in RidgeCrest Herbals' KidneyAid™!

DIY HERBALIST IDEA

*Play around
with the color of your
garden's hydrangea
blooms by adding coffee
grounds to the soil to
increase the acidity—it
will turn the
flowers blue!*



HYDRANGEA
ARBORESCENS



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



CLEARLUNGS CLASSIC

Since RidgeCrest Herbals started, our bestselling product has been, and will likely continue to be, ClearLungs®. Our ClearLungs® Family holds 11 of our 28 awards, and with 20 years of sales under our belt, we have absolute trust in its ability to serve our customers and maintain lung health. As the popularity of the original product has grown, we have branched out to find new ways to help our customers, creating a whole family of products based on the original ClearLungs® Classic formula. These herbal remedies provide the same benefits as the original while digging deeper into how to serve your needs best. Whether by adding immune-supporting herbs, herbs that support oxygenation, or simply more herbs for when you need it most, ClearLungs® is here to help you Reach Your Peak. ClearLungs® and ClearLungs® Extra Strength contain the same 13 original herbs. While ClearLungs® is great for everyday use, ClearLungs® Extra Strength is perfect for short-term use, with double the amount of herbs and our patented Availablend™, a combination

of peppers designed to help the body absorb the benefits of the other herbs. ClearLungs® supports the respiratory system by combining the healing properties of 13 perfectly-balanced herbs used together in traditional Chinese medicine for over 2,000 years. Balance is a crucial way of viewing the body and everything in life. The oldest known records of the yin-yang concept come from *Zhouyi*, or the *Book of Changes*, written by King Wen during the Western Zhou dynasty in the 9th century BCE. Almost everyone is familiar with the basics of the yin-yang theory, which believes the universe is divided into complimenting opposites, working against each other to create balance. For example, water symptoms in the lungs come from an excess of water, a cooling element. The warming herbs found in ClearLungs® are helpful in restoring balance. To learn more about The Five Elements and the role of bitter herbs in our ClearLungs® products, check out the product spotlight for ClearLungs® Liquid on page 68.

AUGUST | 2023



SUN	MON	TUE	WED	THU	FRI	SAT
<p>"If you hate everyone, you should eat something, and if you think everyone hates you, you should sleep." (@jeanqasaur) - Shae</p>	1 <i>National Girlfriend Day</i>	2 <i>National Coloring Book Day</i>	3 <i>NATIONAL WATER-MELON DAY</i>	4 <i>Assistance Dog Day</i>	5 <i>National Underwear Day</i>	
6 SISTERS' DAY	7 <i>National Lighthouse Day</i>	8 <i>International Infinity Day</i>	9 <i>International Day of the World's Indigenous People</i>	10 LAZY DAY	11 <i>NATIONAL SON & DAUGHTER DAY</i>	12 <i>Middle Child Day</i>
13 LEFT-HANDERS DAY	14 <i>NATIONAL NAVAJO CODE TALKERS DAY</i>	15 <i>National Best Friends Day</i>	16 TELL A JOKE DAY	17 NATIONAL THRIFT SHOP DAY	18 <i>Helium Discovery Day</i>	19 INTERNATIONAL HOMELESS ANIMALS DAY
20 National Hot & Spicy Food Day	21 <i>SENIOR CITIZENS DAY</i>	22 WORLD PLANT MILK DAY	23 NATIONAL SPONGE CAKE DAY	24 NATIONAL WAFFLE DAY	25 NATIONAL PARK SERVICE FOUNDERS DAY	26 <i>Women's Equality Day</i>
27 <i>National Just Because Day</i>	28 <i>Rainbow Bridge Remembrance Day</i>	29 <i>INTERNATIONAL DAY AGAINST NUCLEAR TESTS</i>	30 <i>National Beach Day</i>	31 World Distance Learning Day	<p>"Start a tradition of mailing letters/postcards to the kids in your life. Most have never had the joy of receiving actual mail!" - Tara</p>	



- JETHRO KLOSS -

Jethro Kloss (1862-1946) was a health food pioneer, whose book *Back to Eden* first came to my attention about 1978. I tried a diet of only steamed vegetables and dairy for several months, and enjoyed it, though it was time-consuming to prepare. I didn't much like his ideas about colonic cleansing, which included regular three-quart salt water enemas. But Jethro Kloss got me thinking more about where our food comes from, how we prepare it, and how it affects our health. Thanks, Jethro!

-MATT | HERBAL HEAD HONCHO

A FLOCK OF RAVENS IS CALLED A _ _ _ _ _

Mind, Body, Soul.

STRONG FEET = STRONG BALANCE

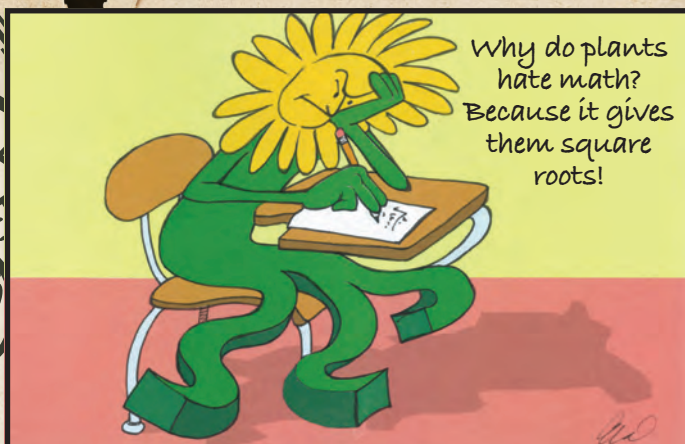
- Will | Ginger Beard of Power

A few years ago, I noticed I'd come to rely on well-made shoes all day long: I couldn't even walk around my own home without wearing them. I was having issues with my feet, experiencing everything from cramping to increased sensitivity, and decided to do something about it.

Four practices helped me build strength in my feet and develop a more balanced walking gait.

1. Start your day with bare feet. Put off using shoes or slippers as long as you possibly can. This can often be a big challenge.
2. Stretch anytime during the day. Start by leaning both feet forward together, allowing your body to balance over your toes, and raise your heel, putting your weight forward. Keep doing this until you're able to do just one foot at a time. Next, lean your weight to the outsides of your feet, hold yourself for a count you are comfortable with, and working towards eventually increasing the time you're able to do this.
3. Pick up a marble with your bare feet. You may never get it, but that's not really the point: even trying to do so for a few minutes a day will give your feet a workout.
4. Go outside barefoot for a few minutes a day. This unique connection to the earth is rewarding all by itself. Push the time a little longer every day.

Having strong feet helps with overcoming leg fatigue and increasing balance when walking, hiking, or even standing for long periods of time. Try these few feet exercises and perhaps you too will develop stronger, more capable feet.



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

WEIRD, WILD & WONDEROUS



THE FIFTH FORCE OF NATURE

-Nichole | Magical Marketing Millennial

If there's one lesson life has taught me, it's this: the more you know, the less you know.

Just like the fact there are over 18 states of matter, but we were only taught about three or four in high school. The recent discovery regarding the weight of a known particle in physics demonstrates this lesson as well — and it is rumored to upend all we know about physics as it currently stands.

To be more precise, meet the muon, the 200 times heavier sibling of an electron. Muons have a negative electric charge and quantum spin, just like electrons. According to the standard physics model, there are four current forces observable in nature: gravitational, electromagnetic, strong, and weak. In congruence with this standard model, force should pull and cause decay of particles into electrons and muons equally as often. To the physicists' surprise, however, muon decay happens about 85 percent as often as electron decay.

This discovery defies the current standard model of physics. Though scientists regard the current model to be incomplete — as it cannot explain gravity and only describes ordinary matter, a small part of the total universe — they still consider it a stepping stone to a new model. If the above is true regarding muon decay, the only explanation would be a new force of nature that pulls on electrons and muons differently as particles decay.

This could be the science that introduces the elusive fifth force of nature, possibly giving an explanation for gravity and other universal phenomena.

They are currently working to verify this research using CERN's Large Hadron Collider (LHC) and the Belle 2 in Japan. The research so far is finding similar results, but it is still too early to determine if all results are absolute. This research will likely take a few years to complete.

ALL CLOWN FISH ARE BORN _ _ _ _

MASLOW'S HEIRARCHY OF NEEDS



-Matt | Herbal Head Honcho

Abraham Maslow (1908-1970) was among the most renowned psychologists of the 20th century. He is well known for Maslow's Hammer; "a man with only a hammer thinks everything is a nail." But his contributions to modern and popular psychiatry are much more significant. In contrast to many earlier psychologists, Maslow turned his focus away from abnormal psychology and toward health and well-being. He felt Freud and Skinner had built the framework for understanding illness and determinism, but we still needed a framework for understanding health, goodness, and free will.

Today, Maslow may be best remembered for his book *Toward a Psychology of Being*. He developed the concept of a pyramid-shaped "hierarchy of needs." In Maslow's view, the first four levels were deficiency needs—they are only important if you don't have enough. Any deficiency in these basic needs will consume all your time and attention. Once the needs on a lower level are met, you can move on to meeting the needs at higher levels.

In his view, people are primarily driven by five basic needs:

PHYSICAL

The base level includes basic human physical needs for food, water, elimination, sleep, and sex. Shelter, protection from heat or cold, air, and other primary survival threats are also included. For an addict, the need for the next fix or drink is a basic need. People who aren't getting enough of these basic needs are not likely to have the bandwidth to worry about higher needs.

This is why hunger, poverty, and homelessness are not just individual problems but societal ones. As Jean Valjean demonstrates in Victor Hugo's *Les Misérables*, a starving man will not hesitate to steal a loaf of bread. The immediate hunger at the moment overrules the need for self-respect and following societal rules.

SAFETY

The next level of needs includes safety, security, order, and stability. Even if your belly is filled for the moment, food insecurity can still be your next highest concern if your situation lacks stability. Security may involve feeling safe from crime, hunger, or want. It may also include having savings, a job, or a safe home. Safety is hard to measure, and some may never feel truly safe if they have unresolved trauma in their past.

LOVE AND BELONGING

We all crave love, belonging, friendship, acceptance, and intimacy. These are psychological needs, so they can't be measured economically as lower-level needs often can. If our basic physical needs are met, we begin to seek family, community, love, and acceptance. The drive for approval can be all-consuming, especially for those with attachment disorders.

ESTEEM

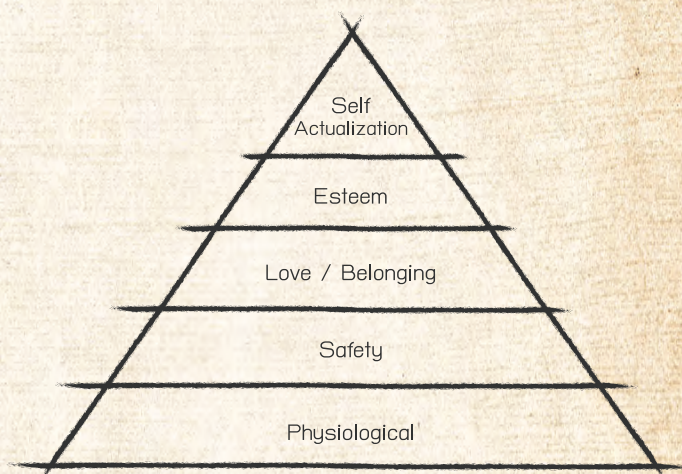
The fourth and final level of deficiency needs is the desire for confidence, esteem, recognition, respect, and achievement; this is less about who cares for you and more about accomplishment. People need to feel they are good at something, and good for something, even if they know they are loved by their family and friends.

Now, you may not need much, and a little of the real thing may go a long way. But even competitive accomplishments may not serve this need. People who view the world as a zero-sum game with only winners and losers are likely to struggle with this concept. For them, another's win must mean their loss, so they can never be truly happy for another person's success nor secure in their victories. What David Letterman used to say about his popular Stupid Pet Tricks segment is probably true of life: "This is only an exhibition, not a competition; so please—no wagering!"

SELF-ACTUALIZATION

The real fun begins on the fifth level of the pyramid; it's no longer about needs and deficiencies, but about growth and potential! This is where cognitive, aesthetic, creative, inventive, moral, and philanthropic ideas occur. All basic needs are met, and we can focus on making the most of our finite time and talents to make the world a better place. We move from a scarcity mindset to one of abundance. This is where the real magic happens!

Some have criticized Maslow for not being scientific enough or for not supporting his ideas with enough laboratory evidence. Still, I have found that Maslow's hierarchy of needs has been a great help in understanding myself and relating to others. It has helped me fill gaps in my life, spend less time serving deficiency needs, and spend more time at the top of the pyramid. After all, that is where you can look up at the stars and envision the world as a better place. I hope you will find the concept helpful as well!



FENTANYL & THE OPIOID EPIDEMIC



-Raymond | Apprentice
Marketing Magician

WHAT ARE OPIOIDS?

Fentanyl is a synthetic pharmaceutical drug that has gained unwelcome popularity in recent years. Pharmaceutical fentanyl was developed in the 1960s for pain management in severe cancer patients; it was commonly used intravenously or through a patch on the skin. However, fentanyl is also being illegally synthesized and is sometimes added to heroin to increase its potency. Many users wrongly believe they are purchasing heroin but actually purchase fentanyl instead, which may result in physical harm, overdose, and death. Because fentanyl is fifty times more potent than street-level heroin and 100 times more potent than morphine, it may mean a high potential for addiction and abuse.

HOW THE OPIOID EPIDEMIC STARTED

Although poppy flowers have been farmed for thousands of years by ancient civilizations and utilized for their medicinal benefits, it wasn't until the 20th century that researchers discovered the potency of synthesizing opium from the poppy plant. Prescription opioids were developed in the early 1990s to treat acute and chronic pain, especially for cancer patients. In 1990, the first formulation of a fentanyl-based opioid pain medicine administered through a transdermal skin patch was approved for the general population. During the 1990s, pharmaceutical companies began aggressively marketing opioid drugs to the general public for pain relief. Five years later, the first formulation of oxycodone (known as Oxycontin™) was approved. In the early 2000s, reports of overdose and death from prescription opioids began to rise sharply, with OxyContin at the center of the problem.

THE PRESCRIPTION OPIOID EPIDEMIC

The first wave of the opioid epidemic meant a massive increase of people were using OxyContin for non-medically prescribed purposes. Over three years, from 1999 to 2003, people using OxyContin without a prescription grew from 400,000 to 2.8 million. From 1999 to 2019, nearly 500,000 people died from an overdose involving an opioid, whether it was prescribed or illicit. Another 130,000 people died from an overdose involving heroin, and the rate of overdose deaths involving synthetic opioids — including fentanyl and fentanyl analogs — increased more than 16% from 2018 to 2019. The Centers for Disease Control and Prevention (CDC) reported over 100,000 Americans died of overdoses between May 2020 and April 2021, a 28% increase over the previous year. Drug overdoses now claim more adult lives than both car accidents and gun violence combined.

HOW IT BECAME AN EPIDEMIC

A single dose of an opioid can cause lasting physiological side effects. After 5-10 days of continuous use, the brain and body can become dependent on the effects of the opioid. When heroin, oxycodone, or any other opiate travels through the bloodstream to the brain, the chemicals attach to specialized proteins on the surfaces of opiate-sensitive neurons (or brain cells). The relationship of these chemicals with the receptors has shown to trigger the same dopamine response that rewards people with feelings of pleasure when they engage in activities that promote basic life functions, such as eating, exercise, or sex. While opioids are prescribed therapeutically to relieve pain, when these

reward processes are activated in the absence of significant pain, the brain can begin to rely on the drug to produce ample amounts of dopamine to normalize its hormones. Combine this easily-developed neurochemical addiction with loosely regulated prescription requirements and mass producing the drug at an affordable price, and it's no wonder there is an opioid epidemic in America.

WHO IT AFFECTS (PERSONAL ACCOUNT)

I know two people who died, partially due to their use of fentanyl. One was a friend from high school who I hadn't seen or heard from in years, though it appeared he was already on his descent into addiction the last time I saw him. The other person I knew had a much more personal relationship with the drug, and they were prescribed fentanyl by a doctor. In 2021, my grandmother was dying from stage-3 lung cancer, and we knew she didn't have long left on this earth. The doctor prescribed her fentanyl for her pain as it was becoming difficult for her to get out of bed or swallow food. After her first dose, I noticed a difference in her behavior. She was definitely in less pain, but she was less self-aware, less conscious, and overall less herself. She only took fentanyl for six days before she passed away. Whether the user is a cancer patient or a recreational addict, the effect appears to be the same.

WHAT CAN BE DONE?

There are many services in place to support opioid users in both getting and staying clean. If you or someone you know is struggling with substance abuse, it is never too late to seek help. The Substance Abuse and Mental Health Services Administration (SAMHSA) has a national hotline and treatment referral routing service open 24 hours a day, 7 days a week. SAMHSA's National Drug Abuse Helpline can be reached by calling 1-800-662-HELP (4357). Narcotics Anonymous has also helped millions of Americans through the 12-step recovery program to live healthy lives of sobriety. Find an NA meeting near you.

Ultimately, the opioid epidemic in America needs to be addressed with compassion instead of the exile and incarceration that legislation has shown past substance abusers. It's time to follow the lead of countries like Mexico, Portugal, and the Netherlands: we need to decriminalize the recreational use of drugs while providing treatment centers and cracking down on the illegal production and distribution of these substances.

Citations and more resources can be found at rcherbals.com



"TALK TO THE _ _ _ , 'CAUSE THE _ _ _ AIN'T LISTENING"



PALM CANYON // CALIFORNIA
© ABBIEWARNOCKMATTHEWS

WINDOW OF WANDERLUST

WORDS & WISDOM

- Scott -
Lord of Logistics

**"Eat food.
Not too much.
Mostly plants."**

- Michael Pollan

That, more or less, is the short answer to the supposedly incredibly complicated and confusing question of what we humans should eat in order to be maximally healthy." I believe this to be one of the simplest answers to such a complex question of "What should I eat?" Check out his popular books, *In Defense of Food* and *Cooked* to understand more.

HOMESPUN

Propagating Houseplants & Succulents

If you are on Plant-Tok (the plant parent side of Tiktok, for those that don't already know), you will know the song constantly in my head: "When you buy a little plant, and it's doing great, you break off a piece, and you propagate! You make another plant, oh yeah, a baby brother plant!"

Indoor plants and succulents are growing in popularity among millennials and Generation Z adults. True to form, we love to share our knowledge on social media. I've learned so much about how to grow and care for a plant collection, all without spending a ton of money! If you have ever wanted to grow your plant collection but haven't had the time, here are some tips to help get you started!

Remember: Propagating your plants is much easier than you probably think it is.

Many indoor plants can be water propagated. This simply means that once you've got your cutting, you let the roots sit in water until you have enough roots for them to thrive in soil. This can help protect the tiny plants from bacteria in the ground that could cause rot before the plant is strong enough to handle it.

Some succulent plants and indoor plants will make their babies. When you see one, you can gently pull the baby out, put it in fresh, room temperature water, and change the water every five days or so until you have enough roots to plant it in its pot.

Many plants can be propagated by taking leaf cuttings. You can cut the leaves in half, then set them aside to let the cuts "callus." You then place them in the water facing so the tip is upward, and the callus is in the water, and then do the same as you would with a baby plant.



- Aspen | Trainer of The Things & Herbal Authoress

The last way to get a cutting is to cut off a part of a vining plant. When doing this, you will want to look for a node (or a bump) in the vine and cut a little below it, as this is where the roots will grow.

When you have enough roots to plant in the soil, you will want to keep the soil extra wet for a couple of weeks so the plant has time to adapt to pulling nutrients from the soil.

You want 3-5 inches of roots before transferring your baby to a new pot. Sunlight, of course, is essential, but in balanced amounts: you don't want it to be too intense or too hot. Keep an eye out for mold or mosquito larvae, and make sure you don't submerge the whole leaf.

POPULAR HOUSE PLANTS FOR PROPOGATING:

Pothos	Eucalyptus
Umbrella Plants	Rosemary
Snake plants	Peperomias
Philodendron	Most succulent plants
Tradescantia	Monstera deliciosa
African violets	Chain of Hearts

Will you try some of these and then show me pictures of your plant babies? Please?

CREW CRAZE

THE DESERT ISLAND QUESTION

-Will | Ginger Beard of Power

I try and make it a habit to listen close to people I am getting to know. Although I mix up the setting for fun, I tend to ask the desert island question: What would you bring? I asked my mother-in-law last week about nuts. She is a cashew fan but has never had them raw. Her least favorite is walnut, and sometimes they give her canker sores. I will bring her raw cashews to try soon, just to see how they fit into her list, for better or worse. Here are a few questions for you:

What is your top band?

Your top book? Your top food?

I could use a little information on you, too, so send over your answers to info@rcherbals.com attn: Will.

As for me? Thanks for asking! My top band is Pink Floyd, my favorite book is *The Adventures of Tom Sawyer and Huckleberry Finn*, and my top food is Chinese.



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



THYRONOURISH NATURAL THYROID HEALTH

We talk a lot about balance here at RidgeCrest Herbals. We have articles on balancing emotions, sleep, work and family life, chakras, yoga poses, and herbs. But if there is one aspect of the human experience that needs to be correctly balanced to avoid serious consequences, it is a balanced thyroid. Your thyroid is one of those things that can tilt either way. Whether this hormone-producing organ is under- or over-producing, being out of balance can have serious consequences. So while you may be the strong one and definitely not nervous, on the inside you may feel like a tightrope walker in a three-ring circus under the pressure of an imbalanced thyroid.

Don't let the pressure tick, tick, tick until it's ready to blow. Check out the balancing power of RidgeCrest Herbals' ThyroNourish™, our award-winning formula designed to provide the thyroid with the building blocks it needs to regulate your metabolism and balance your hormones. In addition, ThyroNourish™ addresses the crucial relationships between organs within the endocrine system, providing nutritional support and herbal supplementation to

help balance the thyroid, hypothalamus, and pituitary glands.

Herbs like Myrrh gum, Guggul Extract, Bladderwrack, and Coleus Forskohlii Root Extract contain rich botanical and chemical properties that have put them in use in global herbal medicine from India to Asia and the Americas.

ThyroNourish™ is also a rich source of iodine, a necessary building block for certain thyroid hormones. This is why our product has been the recipient of several industry awards, including the 2017 Taste For Life Better Nutrition Award (Best Supplement) and the 2020 Taste For Life Women's Essentials Award (Thyroid Health Category).

While we can only give our personal opinions and advice on balancing your checkbook or a cairn, the individual ingredients in ThyroNourish™ have been studied for many years with some fascinating results, and the importance of iodine for thyroid health is well known. It may not cross your mind as often as how you are balancing your sanity and your desire for a clean house, but a healthy, balanced thyroid is crucial for your overall health.

A L I S M A R O O T

F I E L D G U I D E

In TCM, Alisma root is often used to promote urination and remove damp-heat. Initially found in the Fujian, Sichuan, and Jiangxi provinces, the traditional uses of this tuber first appeared in the *Divine Husbandman's Classic of the Materia Medica*, written around 4500 years ago. Some modern scientific evidence suggests Alisma root may have properties that help support the urinary tract. Also known as mad-dog weed and water plantain, Alisma is a water plant that can be poisonous when fresh but is safe when dried. You will find Alisma root in RidgeCrest Herbals' Essential Eyes™ and Gladder Bladder™.

DIY HERBALIST IDEA

Water plantain is an
excellent addition to
your pond or water
feature!



ALISMA
ORIENTALIS

SEPTEMBER | 2023



SUN MON TUE WED THU FRI SAT

"It really is ok to use salted butter in recipes that call for unsalted butter. If you are worried about sodium intake, reduce the salt added to the recipe. Otherwise it does not change the taste much and more often than not, improves the taste." - Shae

1	2
Ginger Cat Appreciation Day	NATIONAL FOOD BANK DAY
8	9
WORLD PHYSICAL THERAPY DAY	National Teddy Bear Day
15	16
NATIONAL POW/MIA RECOGNITION DAY	NATIONAL FOOD BANK DAY
22	23
INTERNATIONAL HOLOCAUST REMEMBRANCE DAY	Autumnal Equinox
29	30
ASK A STUPID QUESTION DAY	NATIONAL GHOST HUNTING DAY



HEALTH INDUSTRY HEROES

-WELEDA-

As early as 1921, Weleda scientists knew the value of synergistic product design. Products were developed to align the body with its inherent rhythm using ingredients grown through agriculture. In this process, everything is done by following the natural rhythms of the earth and nature. It was one of the first agricultural movements ever, founded by Rudolf Steiner in the 1920s. Visit their website to read more.

-BRITTINI | HERBAL GAIA

THE ANSWERS TO PAGE 29, 6, 38, & 17 ARE SITTING IN A _ _ _

Mind, Body, Soul.

8-SECOND HUGS

- Nichole | Magical Marketing Millennial

One of my favorite people, the late Collin Kartchner, introduced me to the idea of the "8-second hug." Scientific research supports that hugs anywhere from five seconds to twenty seconds have a greater impact on an individual than shorter hugs. Even the pressure of the hug — not too hard, not too soft — has the power to make a significant impression.

Hugging for eight seconds or longer has many health benefits, both physical and mental. When we hug someone, a hormone called oxytocin is released into our bodies, and serotonin levels increase, which assists in calming us down and making us feel good. Hugs have been shown to help reduce stress hormones, improve positive communication, boost immune health, help with aches and pains, keep the heart healthy, improve sleep, and calm anxieties by signaling safety to the autonomic nervous system.

Unfortunately, we are a touch-deprived society, especially after the COVID-19 pandemic. Now more than ever, an increased number of hugs would do us all a world of good.

There's a great acronym I like to use:

H - Hold on tight
U - Until you relax and
G - Grow your bond

According to family therapist Virginia Satir, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." If you're open to the idea, I encourage you to try out an 8-second hug at least once daily from a consenting party. It has the power to improve your overall health and well-being.



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

WEIRD, WILD & WONDEROUS



DOES BIG FOOT PREFER UTAH?

-Shae | Customer Service Queen

Sasquatch, or Bigfoot, is said to be a giant ape-like creature that may be roaming throughout North America. It is considered a cryptid, or a species that is only rumored to exist, much like the chupacabra or Loch Ness monster. This creature is described as being between 8 and 10 feet tall, covered in hair, and able to walk upright. Most Bigfoot sightings occur in the Northwest, and it is linked to multiple Indigenous myths and legends. The word Sasquatch is derived from Sasq'ets from the Salish First Nations peoples. It means "wild man" or "hairy man." Native Americans have passed down Bigfoot stories for hundreds of years.

As far back as 1884, there have been published accounts of a "gorilla-like" creature in North America. In 1958, a newspaper in Northern California published a story about giant footprints found near a creek, which were allegedly said to be a hoax. Since that time, enthusiasm for this mysterious creature has exploded; claims of sightings, including tracks, photos, and videos, have only ramped up. Over 10,000 Bigfoot accounts and sightings have surfaced throughout the United States over the last 50 years.

Some Bigfoot sightings have taken place right here in Utah. Recently, a Facebook group brought residents of Cache Valley together and each have shared personal encounters. Farmers, ranchers, and hunters have witnessed unexplainable events in the area for years that may or may not have been Bigfoot. In fact, the television show Finding Bigfoot on Animal Planet investigated Cache Valley in 2012, seeking out sightings reported in North Ogden, Logan Canyon, and the surrounding area.

Even though evidence of footprints in the snow has recently surfaced — including video footage of a dark figure in a field, and videos of dark shadows resembling the creature — the footage in question may not be necessarily new. For the time being, the search continues.

THERE ARE _ _ _ _ PHASES OF THE MOON

THE ENVIRONMENTAL DANGERS OF MICROPLASTICS

-Aspen | Trainer of the Things & Herbal Authoress

Have you ever had an idea that had unexpected consequences? Maybe carrying too many groceries at once, spilling your coffee, or even my first marriage. But if you are lucky, your good but terrible idea won't affect many people other than yourself.

Unfortunately for men like John Wesley Hyatt and Leo Baekeland, their good ideas had catastrophic consequences. In 1869, Hyatt tried to win a \$10,000 prize to find a substitute for ivory. His combination of cotton fiber and camphor created a polymer that could substitute for natural resources. His invention was considered the savior of the elephant and the tortoise. Later on, in 1907, Baekeland invented the first fully synthetic polymer to help his creation, Bakelite, which was used for everything from switches and electrical appliances to frying pans and more. World War II caused global shortages of many natural resources; by then, plastics were ready to fill in the gaps.

These advances seemed optimistic and pointed to a utopian future where materials were readily available, safe, and cheap. But it didn't take long for the vast commercialization of plastics to turn ugly. Plastic waste began to be observed in the ocean in the 1960s, raising concerns about the environmental impact that has proven to be more catastrophic than Hyatt and Baekeland could have ever imagined. One only has to look at the Great Pacific Garbage Patch to see the scale of the damage done.

But one must think smaller — much smaller — to comprehend the effect of single-use plastics on the environment. Richard Thompson, a British marine biologist, coined the term “microplastic” in 2004 to describe the phenomenon of tiny, often microscopic particles of plastic discovered in ocean ecosystems. Today the term officially refers to any plastic particle smaller than 5 millimeters, as established by the National Oceanic and Atmospheric Administration (NOAA). Microplastics can come from primary and secondary sources: primary sources created with the intent of using small plastic particles, such as exfoliating face washes and synthetic clothing, and secondary sources, where something like a plastic water bottle or garden cover slowly breaks into smaller pieces over time.

Microplastics have been discovered on the ocean floor, on pristine beaches, in the earth's atmosphere, and on the top of Mount Everest. According to some estimates, we may be ingesting as much as a credit card's worth of plastic yearly. The poison is in the dose, however. There is little evidence that our daily plastic consumption is likely to cause human harm. But the environmental impact on ocean species is much more concerning, along with the long-term effects of exponential growth on oceanic habitats.

Because plastic can break down into such microscopic particles, small fish and bottom feeders sometimes eat them. In turn, these

fish get eaten by larger fish and predators, whose exposure grows with every organism they consume. That works its way up the food chain until we see species affected by reproductive issues, physiological stress, and damage to their ecosystem. We already see microplastic pollution in small Chinese farms resulting in lower crop yields and damaged root systems.

No individual will be able to change our current trajectory all by themselves. Large food manufacturers must be pressured and legislated into making their materials easier to recycle. Still, we can take steps to help minimize our own plastic usage and contribution to this environmental problem. It is imperative to note that expecting everyone to adopt an utterly plastic-free lifestyle is deeply ableist and simply not possible for everyone.

You can help by adopting one or more of the following habits within the realm of what is feasible for your individual situation:

- Switch to a stainless steel water bottle
- Shop as plastic-free as you can
- Keep a glass straw in your car
- Buy from companies that are actively working to reduce waste
- Bring reusable containers with you when eating out to avoid takeout containers
- Use cloth diapers for your babies IF it makes sense for your situation
- Make your food from scratch (versus pre-packaged)
- Use bar soap, shampoo bars, and toothpaste tablets
- Make cleaning products or buy from companies that sell concentrate for glass bottles
- Choose natural clothing products over synthetic ones (hemp, bamboo, and linen are best, while cotton uses a ton of water to produce)

Revolutionary and unexpected ideas are beginning to brighten the future, such as an AI-developed enzyme that eats plastic. We need significant changes and a cultural revolution to treat our planet better if we want to keep it around. In the meantime, we can start now with a few simple moves to reduce our plastic waste.



THE INTERCEPTOR & OCEAN GARBAGE CLEANUP

-Aspen | Trainer of the Things & Herbal Authoress

DOES ETHICAL CONSUMPTION EXIST?

We should do all we can to save the environment by cutting down on waste, it's true. But for many — busy parents, the working class, those with mental or physical disabilities — it isn't possible to go completely zero-waste in our homes, whether the barriers are time, money, or access. And even if you throw your plastic into a recycling bin, the chances of it getting recycled are much lower than anyone would like. That isn't a flaw of the individual, but the system itself.

Whenever I throw away that wax-covered carton of oat milk (or even a bag from a side of frozen broccoli), I wonder if I've made the right choice. Is it more important to save the plastic waste from frozen vegetables than it is to feed my family a nutritious, convenient dinner side? Which is better? Which is worse? You can drive yourself crazy with that kind of thinking. It can often feel like there is no right choice...and that's the correct answer. There is no 100% right choice, and there is no purely ethical consumption under our current system.

GARBAGE ISLAND

Through the fault of no individual choice, currents from different oceans meet and create a gyre between California and Hawai'i. Buoyant plastic trash that flows from rivers around the Pacific Rim into the ocean can eventually make its way here, the Great Pacific Garbage Patch. Trash floats along the ocean's top, covering an area twice the size of Texas. It gets bigger every year, and it is just one of five garbage patches around the world contaminating the ocean and creating dangerous and deadly obstacles for ocean life. The existence of these vast floating piles of garbage has been acknowledged since at least 1997, but until just recently, very little has been done to combat the problem. Environmentalists are challenged by the distance, the scope, the financial cost, and the constrictions of attempting to remove garbage without damaging wildlife further. These difficulties have made this one of the significant modern scientific issues in our race to save the planet.

THE OCEAN CLEANUP

Fortunately, people are trying to develop a solution. While progress is slow, good things are ahead. In particular, a nonprofit organization called The Ocean Cleanup has two solutions for the issue they are working to scale up. One addresses the plastic currently in the ocean, while the other works on actively keeping plastic out of the ocean altogether.

The Cleanup project has developed a way to use an artificial coastline to gather up vast amounts of plastic. They float huge nets between two boats that collect garbage, and then it is lifted onto the ships in vast nets. The plastic is sorted and put back into the recycling system. ✖

THE INTERCEPTOR

The Interceptor helps tackle river garbage specifically. Most ocean plastic comes from rivers, and most river waste comes from 1,000 rivers globally. The Ocean Cleanup has developed the first scalable solution to collect river plastic waste without damaging the ecosystem and animal life.

A massive solar-powered machine, The Interceptor is attached to barriers that capture garbage floating on the top of the river while allowing fish to swim underneath safely. It uses a conveyor belt to collect garbage into six huge dumpsters, which can be transported to local waste management facilities for processing. Only a handful of these machines are in use. Still, The Ocean Cleanup is actively working to have garbage retrieval systems in place in the 1,000 most polluted rivers in the world in the next five years. This will dramatically reduce the amount of plastic that is dumped into the ocean.

As of March of 2022, the nonprofit organization's website claims to have removed 500,000 football fields worth of garbage from the ocean. Just last fall, The Ocean Cleanup announced a massive scaling up of the process with bigger vessels, and now claim that they will be able to remove the current Great Pacific Garbage Patch in the coming years. Of course, there are four other massive garbage patches around the world, so this is just the beginning. Between addressing the issue that already exists in the ocean and developing technology to avoid it in the future, this organization is actively changing the world and the harm our consumer culture has done to it.

HOPE FOR THE FUTURE

Plastic waste will continue to be a major problem in the years to come, and the microplastic damage to the environment will have an impact for hundreds of years more. But we have to start somewhere, don't we? Imagine how many other organizations are out there, working hard in their specialties, making changes and advances that will save our planet. Despite what it can feel like, there is plenty of reason to hope for the future.



THE REAL-(L)IFE SHIPWRECK THAT INSPIRED THE ANSWER TO PAGE 73 WAS CARRYING A CARGO OF

KODACHROME BASIN // UTAH
© ABBIEWARNOCKMATTHEWS

WINDOW OF WANDERLUST

WORDS & WISDOM

-Melissa-
Director of Operations

**"Sorrow is
better than
fear. Fear is
a journey.
A terrible
journey.
But, sorrow
is at least
arriving."**

-Alan Paton,
Cry the Beloved Country

HOMESPUN

Aspirin for Plants

When I was in my early teens, I remember spending a lot of time with my grandmother Maria. It was both my grandmother and mother who taught me how to cook. My grandmother would grow fresh herbs in her home, which she used for cooking. She also had many house plants for decoration. She was a master at keeping her greens alive, unlike me, a known plant killer.

I inherited my grandmother's house plants shortly after she passed. I was so afraid they would die after being placed in my care and, after a couple weeks of likely overwatering them, I was losing hope for their survival. That's when I remembered my grandmother and how her plants always thrived. She used a little trick on her plants when they began looking sad. She would smash up an aspirin, dissolve it in water, and apply it to her plants. I decided I'd do the same. Today, after six years, my mother's plants are still alive and have more than doubled in size from the time I received them. Is it only a myth? I'm convinced it's not.

A few years ago, my physician recommended I stop taking any supplements because of certain health issues I was experiencing. During that time, I was also losing some hair and, sadly, unable to take our product, HairReVive™. Then a reflection from the past brought me back to my roots, back to the time when my grandmother would use aspirin to save her plants. I thought to myself — why not try the same method with HairReVive™? I started breaking open the capsules and added HairReVive™ to my shampoo and conditioner. And, just like with grandma's plants, adding nutrients topically helped my hair maintain healthy growth and thickness.



-Mitzy | Warehouse

These ideas were rooted in my past, but still help me today. I was unsure whether or not my grandmother's trick was just a myth, an old wives' tale she believed in that seemed to work. Now that I've spent time researching this, I now realize there is literature to back up my grandmother's actions. The active ingredient in aspirin is acetylsalicylic acid (ASA). It is derived from salicylic acid, a naturally occurring acid found in willow bark and many other trees, known for boosting plants' health. As for applying HairReVive™ to my hair, all I know is that certain nutrients in HairReVive™ really do support healthy hair!

**RidgeCrest Herbals' HairReVive™ is designed to be taken orally. We do not claim that Mitzy's results can be duplicated or that our product can be successfully used in this way. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.*



CREW CRAZE

WHAT IS YOUR FAVORITE JEWEL OR STONE AND WHY?

ASPEN: "Black tourmaline. I love it because it helps me feel grounded and calm in social situations."

ALLISON: "Moonstone. I've always been drawn to this stone and its association with the moon. Moonstone can help remove stress, restore emotional balance, and supports inner strength."

TARA: "Garnet. It's the stone in my 10-year anniversary ring that my husband got for me."

MATT: "Sapphires. And because my wife likes diamonds, the combination is perfect!"

BRITTINI: "Rhodonite. It is connected with the heart chakra and promotes emotional healing which is something I like with me all the time to stay balanced and focused."

RAYMOND: "Opals. If you're ever lost in life, just stare at an opal and you'll find your way."

MEAGAN: "Fluorite. It can help cleanse my heart and head of negative energy or limiting beliefs and obviously I love the colors."

WILL: "Selenite. I love its transparent hue. it is supposed to block us from harmful intentions of others. Some say it takes micro cracks when it blocks for us until it is no longer transparent, then turns a shade of white."

SHAE: "Black tourmaline. It is a highly protective stone, great for grounding, and absorbing negative energy."

SCOTT: "Red Beryl. I like its deep crimson color, how very rare it is, and that it's only found in gem quality here in Utah, where I am from."

NICHOLE: "Fire opal. It encourages positive and healthy sexuality, attracts prosperity and wealth, boosts self-confidence, promotes loving and kind relationships, inspires passion and playfulness, and improves how you think of yourself and relate to others. It is especially useful in healing trauma related to abusive relationships."

CHRIS: "Alexandrite. It's one of my birthstones and I love the way it changes color in light."

NICK: "Whatever my coffee cup is made of, because it holds my coffee and keeps it warm."

CLOVES

FIELD GUIDE

A particularly aromatic spice, cloves have a rich and fascinating history of ancient trade patterns. Used to freshen breath before audiences with Chinese emperors, they were precious and profitable, and thought to have magical powers. They contain high amounts of eugenol, which makes them particularly useful for liver health and can help increase the effectiveness of other herbs. One teaspoon of cloves includes 55% of your daily requirement for manganese! Cloves are also high in antioxidants and have some antibacterial properties. You will find them in RidgeCrest Herbals' LiverClean™.

DIY HERBALIST IDEA

Buy cloves and oranges around Christmas, using the cloves to create art on the oranges and assemble a wassail kit for neighbor gifts!



SYZYGIIUM
AROMATICUM



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



KIDNEYAID NATURAL CLEANSE & SUPPORT

Like a paradise that's been turned into a parking lot, kidney function is one of those things you don't know what you've got 'til it's gone. But when it's gone, it's a long time gone, and it ain't comin' back again. Okay, maybe it will, but that could get expensive. Better to keep what you've got and treat 'em right. That's where RidgeCrest Herbals' KidneyAid™ can come in.

KidneyAid™ engages the power of herbs that have extensive historical traditions. Plantain leaf has long been used to promote urine flow to help the kidneys flush toxins better. Studies of the Goldenrod flower have shown it to have astringent properties. Horsetail is a diuretic and a rich source of silica. Hydrangea root, which is classified as a lithotriptic herb, promotes decalcification. With these natural ingredients supporting your body's journey to health, KidneyAid™ can

be used as a daily supplement for maintenance or can be taken as an intensive cleansing aid short term.

We all know that the Western Diet can be taken to excess, that it can be hard on our body to process, and this is especially true for the kidneys. With so many branded and sugary beverages out there, it can be hard to opt for the plain water your kidneys crave to help flush toxins from your body. Alcohol, excessive sugar, and other toxins can stress the kidneys, but you shouldn't have to give up all joys in life just to keep your internal organs healthy. Balance, once again, is vital, and providing your kidneys with extra nutrients and herbs to promote optimal function can go a long way in keeping yourself healthy while still enjoying the good things in life. So like a healthy marriage, start now to take care of your kidneys actively. Appreciate what your kidneys do for you!

OCTOBER | 2023

10^{TEN}
10^{TEN}
10^{TEN}
10^{TEN}

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>International Coffee Day</i>	2 International Day of Non-Violence	3 GLOBAL SMOOTHIE DAY	4 World Animal Day	5 WORLD TEACHER'S DAY	6 National Plus Size Appreciation Day	7 NATIONAL FLOWER DAY
8 WORLD OCTOPUS DAY	9 INDIGENOUS PEOPLE'S DAY	10 <i>National Hug-a-Kevin Day</i>	11 NATIONAL COMING OUT DAY	12 FARMER'S DAY	13 TREAT YO'SELF DAY	14 <i>National Chess Day</i>
15 NATIONAL MUSH-ROOM DAY	16 NATIONAL LEARN A WORD DAY	17 WEAR SOMETHING GAUDY DAY	18 WORLD MENOPAUSE DAY	19 International Shake Out Day	20 National Chicken & Waffles Day	21 INTERNATIONAL SLOTH DAY
22 Clean Up the Earth Day	23 NATIONAL CANNING DAY	24 United Nations Day	25 International Artist Day	26 NATIONAL PUMPKIN DAY	27 FRANKENSTEIN FRIDAY	28 <i>National Chocolate Day</i>
29 <i>National Cat Day</i>	30 Pumpkin Bread Day	31 HALLOWEEN	<p>"If you believe it will work out, you'll see opportunities. If you believe it won't, you will see obstacles." - Wayne Dyer -Nichole</p>			

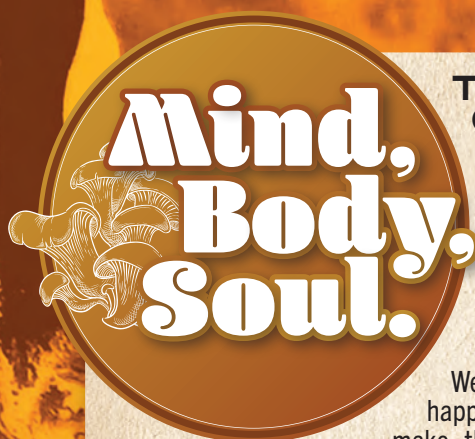


THE BLACK PANTHER RULES OVER THE KINGDOM OF _ _ _ _ _

- PATAGONIA -

Patagonia may be a big company, but you cannot deny its absolute commitment to the environment and social justice. Their sourcing transparency is a leader in the market. Their products are high quality, made of 87% recycled materials, with a robust recycling program. They have regularly led the corporate world to take a stand on social justice issues, and they supply generous grants and funding to environmental projects like Regenerative Agriculture. Even though they are a little pricey, you can definitely feel good buying their products. Last fall, the owner of Patagonia put the company into a trust with all proceeds donated to fight for planet earth. While some people will misanthropically attribute this to an attractive tax break, I applaud Patagonia for its dedication to the planet.

-ASPEN | DIRECTOR OF TRAINING & HERBAL AUTHORESS



TEACHING EARLY CONSENT

- Meagan | AR/AP Treasure Dragon

Who knew I'd teach consent to my two-year-old? After reading the benefits of doing so, however, it makes sense to do so (and early).

We live in a world where scary things happen, but there are ways for us to make them far less scary by teaching the concept of consent and modeling what it looks like.

SafeSecureKids.org explains it the best: "Teaching kids respect for their own and other's bodies helps empower them and reduces their chances of becoming victims."

Teaching consent begins with body autonomy and ensuring young children know "your body belongs to you, you get to decide about your own body, and no one should touch you without your consent." This has been hard as a mother and can be challenging for other loved ones because we all just want to love and hug and kiss a cute two-year-old kid. It is crucial to teach a child the power of the word "no," however, and to stop when they say it in order to honor those words. This makes it easier for kids to speak up later if they don't feel safe or comfortable.

This same principle extends to other people's bodies. Teaching kids to ask permission before touching a playmate is integral to understanding consent. As much as their bodies are their own, you must teach them that others' bodies belong to themselves as well. By teaching children body autonomy, we teach them that everyone deserves the same kind of respect when they say the words "no" or "stop."

The benefits of teaching consent at a young age are limitless. There's nothing more I want as a parent than to raise a confident child who listens to their feelings and instincts.

WEIRD, WILD &

WONDEROUS



WEIRD MEDICINAL PRACTICES

-Brittini | Herbal Gaia

As a Master Herbalist, I have always found the history of medicine to be fascinating. I am especially fascinated by some of the bizarre beliefs, methods, and medicines that, without science or experience, doctors and healers somehow passed off as ethical or effective. While there are endless strange remedies and unbelievable medicinal treatments throughout history, below are a few worth mentioning for entertainment's sake!

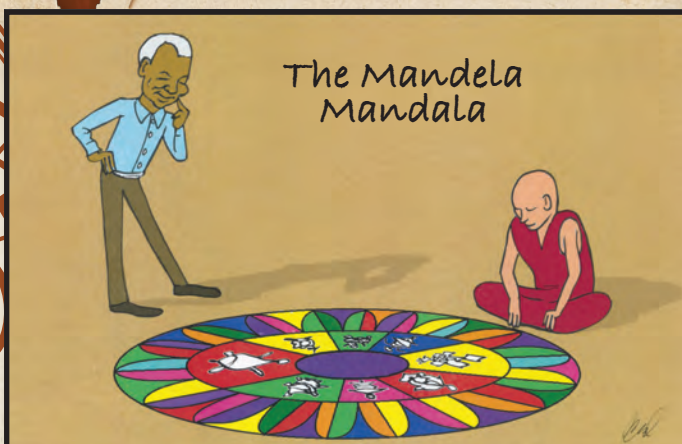
Rabbit Poop Tea: This was a Wild Wild West go-to for hangovers. You can still find it online for purchase, only it is now promoted as fertilizer. Please don't try it.

Hippopotamus's left tooth: and eating ashes of a dead wolf's head" was one oddly-specific remedy for toothache, as noted by the Roman historian Pliny the Elder. Good luck getting that hippo tooth!

Snail Slime to get rid of warts. Who knew? According to text collections found at the University of Oxford, rubbing snail slime on a wart and then stabbing and suspending the snail on a thorn would expose the snail "to such cruel treatment [it] will gradually wither away, so it is believed the wart, being impregnated with its matter will slowly do the same".

Tickling for depression: One of history's most bizarre Quack-a-roonies in the medical field was a man called John of Gaddesden in the early 1300s. In his book, *John of Gaddesden's Rosa Medicinæ*, he advocated for tickling to stave off depression, along with many other obscure practices. Some included using needles with the goo from centipedes, shoving feathers up noses, and having aspiring lovers wear clean underwear (okay, so not all his ideas were bad).

Fart Sniffing: During the Great Plague in 17th century London, experts claimed that potent gasses would counteract the plague. Farts in jars or dead animals were kept for sniffing! These are just a few of the thousands of bizarre remedies of old times. Thankfully, we have come a long way in both science and medicine. I tend to lean toward holistic approaches, which can sometimes still be seen as strange, but at no time will I be recommending jars of farts!



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

THE BRAIN-GUT CONNECTION



-Brittini | Herbal Gaia

The term "gut-brain" is a fairly new and growingly popular term. Studies are beginning to reveal a deep connection between gut health and mental function, pointing the way for tremendous revelations about achieving bodily health, especially for cognitive and mental wellness.

SO, WHAT IS THE GUT-BRAIN?

The gut-brain refers to the enteric nervous system (or ENS), a lesser known system than the more well-known central nervous system (CNS). We are learning the gut has its own nervous system consisting of approximately 100 million nerve cells in and around the GI tract. This intricate structure of neurons extends from the lower esophagus down to the final exit point of your digestive tract, functioning independently of the CNS. In other words, your digestive system has an intelligence of its own, independent from — but connected to — your brain.

For many years, we have assumed that issues of stress, focus, memory, and mental clarity were entirely cognitive and led to digestive disturbances. Emerging research shows it is more likely that mood and cognitive challenges may actually be caused by poor gut health instead. Because the ENS and CNS are intricately connected, constantly communicating back and forth, both must be cared for to achieve good mental health.

Some cool facts about the gut-brain/ENS include the following:

- It can operate independently of the CNS.
- It is referred to as the lower — or secondary — brain.
- The ENS has hundreds of millions of neurons and neurotransmitters that tell the body what to do and how to respond. This is why you feel butterflies in your stomach when you're nervous.
- This is why the word "hangry" exists along with the advice: "Follow your gut!"

WHAT DOES THE ENS DO?

The ENS plays a part in many of the body's systems, including the immune, digestive, endocrine, and central nervous systems. It is responsible for housing an insanely complex microbiome with billions of microbes responsible for supporting many functions in the body. These healthy bacteria have a calming influence on your body. The ENS has been linked to mental health, focus, memory, sleep, mood, motivation, motor skills, blood flow, mucus flow, stress, and anxiety. The gut is also responsible for producing and storing serotonin. In fact, "gut bacteria manufacture about 95 percent of the body's supply of serotonin, which influences both mood and GI activity." *

Researchers are still uncovering the many effects of the ENS on overall health and wellness. It will be exciting to see what discoveries are made and what they will mean for healthcare. In the meantime, this system deserves careful dedication to maintenance and care.

A few tips for supporting this complex system include:

Diet is at the top of the list. Avoiding junk food and choosing healthy, whole food options instead is critical. There are lots of wholesome foods that help support the gut's microbiome. Eat your food slowly and thoughtfully, chewing properly. Avoid stress eating. Practice deep breathing before eating to help your body get into the "rest and digest" phase, so it's allowed to produce proper gastric juices for nutrient digestion. Rest after eating. And don't forget to supplement with probiotics, especially when the body is under stress or has a compromised immune system.

Get regular exercise and drink plenty of water daily. Implement mindful practices such as meditation, prayer, yoga, breathing exercises, grace towards self and others, and living in the present moment. Applying some or all of these practices will help support the gut-brain connection and improve wellness, and it will also have great results on your overall lifestyle.

Even though the gut-brain connection has not always been fully understood, it is now considered crucial for a highly functioning and healthy body. There are new articles and research topics on this system popping up. Watch for new research as it continues to develop. Remember, when it comes to good health, always trust your gut!

*Citations and more information can be found at rherbals.com



EMPATHOGENIC MICRODOSING

-Phoebe McPherson | Guest Writer

We are in the middle of a psychedelic revolution, including an exploding interest in the world of microdosing. Microdosing is taking one-tenth or less of a journey (or “trip”) dose of a psychoactive substance. Typically, this refers to the use of psilocybin, though microdosing is a concept extended to LSD, ayahuasca, coffee, cannabis, ketamine, and even skincare. At a microdose level, an experience is typically sub-perceptual: the effects should be positive, albeit subtle, meaning one can go about their daily life.

As a society, I believe the world is in deep need of a journey into open-heartedness. Enter kanna, or *sceletium tortuosum*, a psychoactive succulent found in South Africa’s dry, arid regions. The indigenous people of the area, notably the Khoikhoi and San, have used this plant for millennia to create euphoria, release stress and tension, improve mood, and help improve clarity.

Warriors would chew on it before going into battle or long hunting marathons to help calm their nerves. It would also help them curb their appetite and thirst when they knew supplies would be limited; when they wearily returned home, they would chew it again to help relieve stress and pain. Kanna was also given to expectant mothers to help them relax before going into labor. For children, it was used as a mild tranquilizer; drops of its juice would be given to calm teething babies or help them drift to sleep.

But it is only recently that this plant has started to gain attention around the world. I believe that is due to kanna’s herbal energetics as an empathogen. An empathogen is a classification of a substance that increases feelings of love, empathy, and connection. Empathogens help you connect quickly and deeply, help you feel happier, reduce stress, and quiet the mind. In short, kanna is a heart opener. This, of course, is more of a phrase than actual science — it’s not a vasodilator.

The science we do have, though, is more than promising for the future of this plant. The alkaloids within kanna work on both the serotonin and dopamine receptor sites in your brain, helping you feel happier and more in tune with your body daily. Kanna functions as an SSRI, working to free up more serotonin in the brain, and providing positive shifts in mood. This points to incredible promise for an herbal alternative to pharmaceutical antidepressants and anxiolytics due to its ability to help one feel their emotions instead of suppressing them. Thousands are already using it through the botanical supplement Zembrin, which can be purchased from Source Naturals.

Emerging research has shown that, with extended use, microdosing kanna helps regulate the amygdala — the part of the brain responsible for your fight or flight response and your ability to cope with stressful situations. One study out of South Africa showed that a single dose of Zembrin reduced anxiety-related amygdala activity in the brain.



A small study in 2020 showed cognitive improvement from a week of taking kanna, while another study showed that patients microdosing kanna (Zembrin) for six weeks showed decreases in anxiety, improved cognition, and enhanced moods.

Kanna may be a safe avenue to explore for extended relief for those struggling with feeling disconnected from others or struggling with mood or addiction. One essential benefit of working with kanna is that it is not a scheduled substance anywhere (unlike psilocybin). It’s legal to grow, buy, and work with. This plant has minimal side effects, especially in a microdose, making it a safe pathway for those looking to begin exploring the greater world of psychedelics.

There is an endless amount of beauty in working with a plant that can help address your emotional self and heart. Whether you’re taking your first or your thousandth step into the world of microdosing, know that kanna is a beautiful ally. If you feel called, let this serve as an invitation to explore how this fascinating plant can fit into your daily rituals.



Phoebe McPherson is a kanna educator. She spends her days guiding others working with kanna and helping people take their first steps into the world of microdosing. For more information on her work, you may contact her at phoebemcpherson@protonmail.com.

FALL NOURISHMENT



WHAT DOES YOUR GARDEN NEED FOR NOURISHMENT THIS SEASON?

-Melissa | Director of Operations

As the weather gets colder and things are winding down in your garden, there are still many tasks to accomplish. Fall is a great time to plant new trees and spring blooming bulbs. Clean out your containers, washing and storing them appropriately. Clean out your veggie beds and plant cover crops. Dig up any tender bulbs and store them in a cool, dry place for the winter. As you clean up your plants, collect and store seeds for next season. Be sure to get your lawn ready for winter. Deal with the fallen leaves and consider mulching them directly back into your lawn. Sanitize and store your tools and tags. Give your plants one last watering and drain your hose and irrigation lines. Take care of your garden and put it to bed for the winter season.

WHAT DOES YOUR SOUL NEED FOR NOURISHMENT THIS SEASON?

-Shae | Customer Service Queen

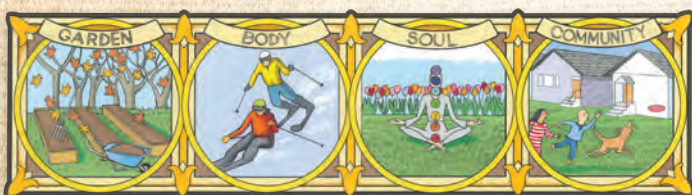
Fall is about harvesting and preparing. It has its own special enchantment, filled with bliss, mystery, and tranquility. The burst of summer is gone, and things start to slow down. It's a time to steep our senses and let the season fill us up. Autumn is the hug of last chances. It is the year's grand finale where we can forget some of our troubles. The beautiful fall leaves quickly change color; they tell us it's time to enjoy and let go. An ancient and delicious richness in the air is begging to permeate our noses. The golden honey colors dancing in the wind and the crisp leaves under our feet remind us of warm sweaters and cozy times with loved ones.

Animals who hibernate are preparing, fattening up, and collecting in preparation for winter, and it is much the same for us. We forage, gather, and ferment, we turn apples to cider, we make compost, we transform our harvests into treasures that will get us through what is to come, and we reminisce on old memories. The nourishment our souls need in fall is to use our senses to absorb the last drops of abundance, to celebrate our harvests from the year with our loved ones, to be ever so grateful for what we have, to help build up strength and stamina to survive through the winter.

Journal Prompt: What have you learned and harvested throughout the past year? What are you most grateful for?

"Autumn glows upon us like a splendid evening; it is the very sunset of the year."

- Mary Russell Mitford



WHAT DOES YOUR BODY NEED FOR NOURISHMENT THIS SEASON?

-Nichole | Magical Marketing Millennial

In fall, our bodies adjust to colder days and less sun. It's a time of preparation and reflection, learning and growth. It brings comfort and nourishment through preservation. Our bodies need more sustenance during this time of year to get through the day. You'll notice that seasonal foods are often more hearty and filling, containing healthy carbohydrates and nourishing nutrients reminiscent of a Thanksgiving feast. Many are also highly supportive of the immune system and rich in vitamins D and C, naturally preparing your body for additional support for common health concerns during this time. For this and any season, it's important to make sure you're eating local varieties that are relevant to your location where possible.

Below is a list of fall foods that are great to include in your fall dining:

APPLES	BANANAS	BEETS
BELL PEPPERS	BRUSSEL SPROUTS	CABBAGE
CARROTS	CAULIFLOWER	CELERY
COLLARD GREENS	CRANBERRIES	GARLIC
GINGER	GRAPES	GREEN BEANS
HERBS	KALE	KIWI
YAMS	SWISS CHARD	TURNIPS
WINTER SQUASH	LENTILS	OATS
DATES	PECANS	PISTACHIOS
PERSIMMONS	YACON	POTATOES

WHAT DOES YOUR COMMUNITY NEED FOR NOURISHMENT THIS SEASON?

-Raymond | Apprentice Marketing Magician

This fall I plan to help my neighbors with their yard work, since last fall a few neighbors helped me with my yard. One of my neighbors has a tree that could use some trimming. I would like to help her since she is elderly and has a bad back. The local trees all drop a ton of leaves, so I will probably assist the team of people on this street that help with yardwork when they are raking and bagging leaves nearby — the more help, the easier the work! My neighbor who is partnering gardens with me mentioned he will need help trimming and weeding his backyard, so I will also be helping him winterize his yard. I will ask him for more tips!



WASATCH MOUNTAINS // UTAH
© ABBIEWARNOCKMATTHEWS

WINDOW OF WANDERLUST

WORDS OF WISDOM

- Tara -
IT Sheepherder & Obsessive Analyst

"There is neither happiness nor misery in the world; there is only the comparison of one state with another, nothing more. He who has felt the deepest grief is best able to experience supreme happiness."

- Alexander Dumas,
The Count of Monte Cristo

My favorite words of wisdom come from my favorite book, *The Count of Monte Cristo* by Alexander Dumas. It reminds me that the challenges and hardships in life allow you to appreciate the little things even more.

HOMESPUN

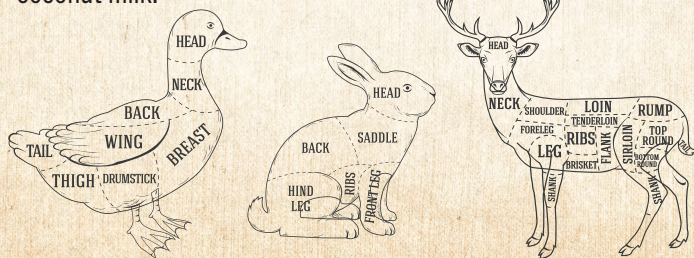
INTRODUCTION

When I cook meat, I like to use all parts of the animal. Whether it's making bone broth, creating tallow, or even making your own soap, there is great value in using what you can.

BONE BROTH

I use bone broth to make soups, curries, stews, and chili. To make a bone broth, boil the bones for several hours to extract all the nutrients and flavors. I usually boil my bones for up to seven hours. The broth should have a gelatinous consistency once cooled, but as long as you've extracted a great deal of the flavor and nutrients from the bones, you should be fine. It stores in the fridge up to a week. You can freeze it, too. Boiling bones for seven hours isn't easy. Usual make bone broth during my days off, then use it to make simple dishes during the week.

For soups, curries, and stews, I generally start with caramelizing onions and adding flour to make a roux. I then deglaze them by adding bone broth, cream, and all remaining ingredients and spices. The creams I use for curries vary, though I will often use compound butter, heavy whipping cream, Greek yogurt, or coconut milk.



Using Every Part of The Animal

-Scott | Warehouse Manager

TALLOW

Tallow is, in short, grease. It has a butter-like texture and becomes a liquid when it is heated. I make tallow when I buy meat with lots of excess fat, like beef brisket. I will remove most of the fat before smoking (though some must be left on for flavor). I will take the fat and put it in a large pan in the oven, baking at 350 for a few hours until the fat is dark, crisp, and shriveled. I strain the tallow into a mason jar and use it for frying. It can be stored in the refrigerator for several months.

SOAP

Last year, I stumbled on a video on the MeatEater, Inc. website presented by Clay Newcomb, host of the Bear Grease Podcast. He shows how to make soap using bear tallow. I never considered making my own soap but thought it might be fun. Shortly after watching the video, I smoked four briskets for the RidgeCrest campout and made soap using what I had left. I rendered the tallow from the fat caps and stored it until I got all the other components for making my soap. Before getting started, I went to soapcalc.net to create my recipe. I selected beef tallow and added a small amount of coconut and canola oil. The thought of working with lye was intimidating at first, but it turned out to be no more dangerous than boiling water. The soap turned out great! I was able to fill two soap boxes and had extra to experiment with. I mixed materials such as coffee grounds and dried rosemary into the experimental soap molds. Next time, I will add herbs. It was a lot of fun and I ended up with an awesome finished product!

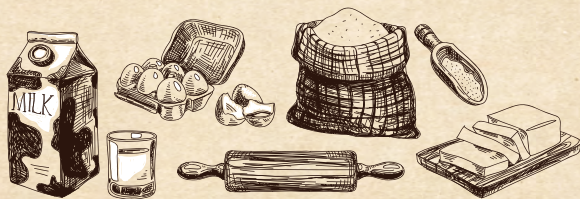
TROOP SCOOP

BAKING

-Melissa | Director of Operations



My parents are getting older, and I have been trying to capture the best parts of them before they are gone. One of the things that kept crossing my mind was bread. My mom and grandma were both expert bread bakers, and I had tried in the past, but I had never made a successful batch. When he was younger, my husband Will worked in commercial kitchens, and I thought he would be the perfect person to help me with my bread quest. With his help, I was able to recreate the delicious taste of home in a piece of bread right out of the oven. It immediately transported me back in time to the kitchens of my youth and watching my mom and grandma working their magic in the kitchen. That has started me on a crazy, delicious baking journey, including all kinds of bread and even making my own sourdough starter! It was well worth the time and effort to recreate a taste I didn't think I would ever experience again. In the future, I hope to create brand new tastes of home for someone else.



CASSIA BARK

FIELD GUIDE

Cinnamon has been used since the beginning of civilization, mentioned in Egyptian texts, the Bible, and other ancient records. One of the 50 fundamental herbs in TCM, cassia cinnamon contains cinnamic aldehyde, which has been extensively studied and found to have antioxidant properties with the potential to support immune function and balanced inflammation response. It is sourced from the inner bark of a specific evergreen tree that grows in Southeastern Asia. There are several different types of cinnamon, each containing unique health properties, so it is essential to know which one you are using. You will find cassia bark in RidgeCrest Herbals' Airway Clear™.

DIY HERBALIST IDEA

GreatBritishChefs.com
has a fantastic
recipe for cedarwood
and cassia-bark
truffles.

CINNAMOMUM
CASSIASCAN TO
LEARN
MOREPRODUCT
SPOTLIGHT

CLEARLUNGS LIQUID

Originally introduced to the market in 2002, ClearLungs® Liquid provides an alternative for our best-selling product, ClearLungs®, for people who prefer the liquid form to the pill version. ClearLungs® Liquid contains the same 13 herbs you will find in our ClearLungs® Original and ClearLungs® Extra Strength products. It's just in liquid form, with a pleasant orange flavor that makes it great for kids. This may be why it won back-to-back Taste For Life Magazine's Back to School Essentials Award in 2019 and 2020. Even my incredibly picky son was opening his mouth readily for this one when he needed extra lung support, as young as two years old! It contains no stimulants and won't keep you awake no matter when you take it.

Two thousand years ago, people utilized the same knowledge and herbs that we have incorporated into this product for everyday use. One of the ways traditional Chinese medicine uses metaphor to explain the body is through the Five

Element Theory. Dating back to at least the Warring States Period, Chinese physicians used the known natural elements to represent movement in the body. In this theory, Wood, Fire, Earth, Metal, and Water characteristics all exist within each person. The balance between these elements can create harmony and health or imbalance and disease. For example, the lungs are considered the upper source of water, and Qi (life energy) flows the water element downward to the rest of the body, closely affecting the spleen and kidneys. When the lungs fall out of balance, excess water energy can cause symptoms in these organs. Bitter herbs stimulate downward flow, circulating liver Qi and clearing heat and damp from the liver and gallbladder. You will find warming herbs in this formula as well, but you will have to check out the Product Spotlight for ClearLungs Original® on page 49 to learn about those.

NOVEMBER | 2023

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SUN MON TUE WED THU FRI SAT

"When you are cleaning your house, grab a laundry basket. Put anything that doesn't belong in the room you are cleaning into the basket, then put it away when you get to the room it belongs in. That way you don't waste time moving around the house and are less likely to get distracted." - Aspen

2
PRACTICE
BEING
PSYCHIC
DAY

3
National
Sandwich
Day

4
BOOK
LOVER'S
DAY

5
NATIONAL
REDHEAD
DAY

6
National
Nachos
Day

7
Election
Day

8
NATIONAL
CAPPUCCINO
DAY

9
GO TO
AN ART
MUSEUM
DAY

10
SESAME
STREET
DAY

11
Single's
Day

12
DIWALI

13
WORLD
KINDNESS
DAY

14
NATIONAL
PICKLE
DAY

15
AMERICA
RECYCLES
DAY

16
INTERNATIONAL
DAY FOR
TOLERANCE

17
Homemade
Bread
Day

18
APPLE
CIDER
DAY

19
National
Camp
Day

20
TRANSGENDER
DAY OF
REMEMBRANCE

21
Pumpkin
Pie Day

22
Go For
a Ride
Day

23
THANKSGIVING
DAY/
DOCTOR WHO
DAY

24
BUY
NOTHING
DAY

25
Small
Business
Saturday

26
Small
Brewery
Sunday

27
Turtle
Adoption
Day

28
GIVING
TUESDAY

29
Choose
Women
Wednesday

30
NATIONAL
PERSONAL
SPACE DAY

"Use crushed up eggshells in your garden for extra calcium and pest control." - Nichole



-NASOPURE-

My sinuses have always been a problem. Nasal irrigation with salt water from a ceramic neti pot helps, but a xylitol nasal rinse from a Nasopure squeeze bottle is better. Xylitol is a gentle disinfectant with a sweet flavor, a plastic bottle that won't break if you drop it, and if you use it in the shower as I do, there's no splashy mess to clean up and the shower steam helps unplug your sinuses too. It's an excellent solution for sinus sufferers like me!

-MATT | HERBAL HEAD HONCHO

THE TEAM FROM THE COUNTRY OF _ _ _ _ _ WON THE FIRST WORLD CUP

Mind, Body, Soul.

SOUL SICKNESS

-Will | Ginger Beard of Power

The last few years have been significant for me: both of my parents have left this world.

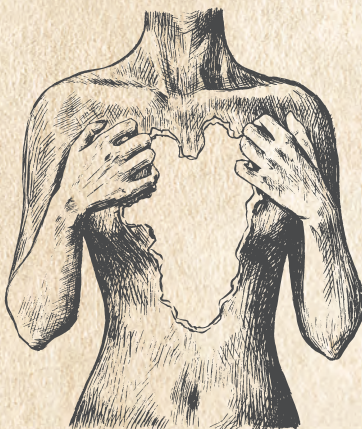
Given that perspective — and with only one of my four children living at home — I often think about what I will leave behind once I leave this world behind. I'm trying to focus on life essentials in a more mindful way.

The concept of soul sickness came up one day, and I've pondered about it ever since.

I believe soul sickness is beautiful. I am sure it has a lot to do with the images I've conjured up while thinking about it. To me, soul sickness results from one or more things we have either acted on or from life events out of our control. It is an internal compass for each of us. It could be renamed to a lot of different things and it would still make sense: guilt, loss, love, hate, gluttony, fear, or sympathy.

We usually want to make the turmoil go away as soon as possible, but I think soul sickness demands we chart a new map for our lives. Sometimes changing what we think we need to live a happy life is what's most needed. Happiness is not gone — it doesn't go away — but our vision of what joy looks like is renewed.

Soul sickness is a healthy, valuable emotion pushing your conscious self to help your spirit heal, change, and grow. In the end, we gain experience we can use to help our friends and families push through their own turmoils. That makes this gift a beautiful and divine one.



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

KING KONG LIVED ON _ _ _ _ ISLAND

WEIRD, WILD &

WONDEROUS



THE SCHUMANN RESONANCE

-Raymond | Apprentice Marketing Magician

Introduction: The Schumann resonances are a spectrum of peaks in the extremely low frequency (ELF) portion of the Earth's electromagnetic field (EMF) spectrum. This torus-like field of electromagnetic waves surrounds the earth's immediate outer atmosphere. Schumann resonances occur because the space between the surface of the earth and the conductive ionosphere acts as a closed loop for various waveforms. Cosmic radiation is transported from the sun to the earth via ionized plasma in the solar wind. This energized plasma then affects earth's magnetosphere and ionosphere, recorded by the Schumann resonance readings. Imagine a donut-shaped field around the Earth that resonates in a constant and predictable cycle. When electromagnetic waves pass through this torus, there are surges and spikes in the measurable frequency. These electromagnetic waves commonly originate from solar flares and radiation, so we can make assumptions to what the Schumann will read based on how the energy wave will pass through Earth's magnetic field.

Why predict the Schumann Resonance?

The Schumann is also an excellent measure of "quantum certainty." This is a measurement of how likely specific events experienced by the collective consciousness of earth are to occur. The certainty of individual human experiences is variable and chaotic on a low-frequency day. During surges of high electromagnetic energy, the events occurring in everyone's lives will be very similar. This is crucial for us to consider and ponder as an empathic collective consciousness.

You can test and confirm this theory. When you wake up in the morning, check in with yourself, then perform a double-blind test by checking in with a friend. Validate this confirmation by checking the Schumann resonance to see how the electromagnetics behave. The frequency of Hz measured in the Schumann has been found to correlate to the frequency of our brains.

To truly understand the Schumann resonance, one must observe and record their personal experiences and relating them to the Schumann resonances. Nothing can equate to personal and direct experience with its energy. This is still a fringe science and deserves to be explored further by those qualified to do so.

PTSD, ANXIETY, & COPING



-Nick | Beardless Techie Mentor

The three most-diagnosed mental health disorders among military veterans are post-traumatic stress disorder (PTSD), depression, and traumatic brain injury (TBI). These conditions often include irritability, anger, depression, insomnia, and anxiety. Not every military veteran has a mental illness related to their service. A 2014 study found veterans were actually slightly less likely than non-veterans to have depression or anxiety. When you meet a veteran who is battling a mental disorder, it's rarely like it's portrayed in the movies. They aren't dangerous, violent, or crazy. They're people — your neighbors, your friends, your family. Treat them accordingly, and thank them for their service.

WHERE DO YOUR ANXIETIES COME FROM?

I can't speak for all vets, but a consistent demand throughout my training and service was teaching my body and mind to battle through any obstacle, mental or physical. I was exposed to extreme and prolonged levels of stress daily so when I faced a real enemy, I wouldn't falter.

Actions became instinctive. I was taught to push through the pain and never stop. It pushed me to challenge myself, and I achieved more than I ever thought possible. This is a familiar path for many veterans: we were trained as warriors, but that often doesn't translate well to civilian life.

ANXIETIES IN OUR DAILY LIVES

Regardless of military service, everyone experiences stress, tension, fatigue, and irritability. We all have insecurities and irrational fears. For example, if you worry about every little thing in your life or find yourself getting angry over minor inconveniences, there is likely a problem. Some respond to anxieties by crying, while others respond by getting angry. Knowing how you react to stress and anxiety is integral to getting yourself back to a balanced sense of well-being.

Our bodies have a natural ability to create feelings of inner peace and balance. If you've read this far, you've probably already taken the first step by acknowledging you might be out of balance.

WHAT TRIGGERS ANXIETY AND IMBALANCE?

Everyday events and situations can act as triggers for anxiety. A simple smell or sound can remind us of an uncomfortable memory or traumatic event. However, when we learn to identify these triggers, we gain control over our reactions. You can develop coping mechanisms to help maintain emotional balance. Recognizing your triggers takes time. Take notes, and you'll notice a pattern emerging that points you in the right direction. If you find it challenging to identify your triggers, these events may have become normal to you. If you're feeling constantly stressed, start working with a therapist.

LET'S START COPING

Developing healthy coping mechanisms to relieve anxiety will be unique to you and your triggers. Take time to discover what works. Here are a few ideas to get you started:

BREATHING TECHNIQUES

Learning breathing techniques helps refocus your attention. Start with something simple, like the 4-7-8 technique. You can also use this to help you fall asleep - a great way to combat stress and anxiety.

THE 4-7-8 TECHNIQUE

Find a comfortable position.
Inhale through your nose for 4 counts.
Hold for 7 counts.
Open your mouth and exhale for 8 counts.
Repeat.

AROMATHERAPY

This is especially effective if a particular smell triggers your anxiety. Scents like chamomile, jasmine, and lavender can have a soothing effect by activating specific receptors in your brain. Try a few scents and see how they make you feel. You will likely find one that triggers a positive emotional response. My go-to scent is mahogany teakwood, which reminds me of the spice-scented Little Trees air freshener. My dad hung one from the rearview mirror of our old '68 Mustang Fastback when I was a kid. I have great memories of that car, so it has a calming effect.

EXERCISE

Getting out of your head and exercising helps. It has the added benefit of keeping you in good physical condition and releasing endorphins, which make you feel good. Getting started with an exercise routine can be intimidating, but it is worth it. Just start somewhere doing something you enjoy.

POWER OF SUGGESTION

As a fellow warrior, I'm aware of how cheesy positive self-talk sounds, but believing in yourself is one of the most potent tools you can use to help balance your mental health. Acknowledging you're fighting demons alone is a compelling step. It's one I've taken. It's one many of our fellow warriors have taken. We're in this fight together. All we need is to drive on.

Follow Me! Hooah!



THE GREAT DEBATE | IS SOUP A MEAL?

The RidgeCrest Herbals Team

The ancient tomes of RidgeCrest Herbals history speak of an age of peace, when employees could come together, greet each other with a firm handshake and a hearty grunt of welcome, and work side-by-side without conflict or contention. But we are no longer in the Age of Peace, but the Age of The Question.

Chaos has spread. Alliances have been forged and betrayed. Even now, armies of the two camps have been trained and equipped. They stand at the barricades of the warehouse, ready to settle The Question once and for all, and maybe grab a bottle of Anxiety Free on their way out.

There is little time before the chaos, violence, and workman's compensation claims begin. Before all is lost, we seek aid from our readers, in a last, desperate attempt to return to the Age of Peace and, once and for all, answer The Question. Our fate, dear reader, may rest upon the wisdom of your answer.

TELL US. I BEG YOU. IS SOUP A MEAL?

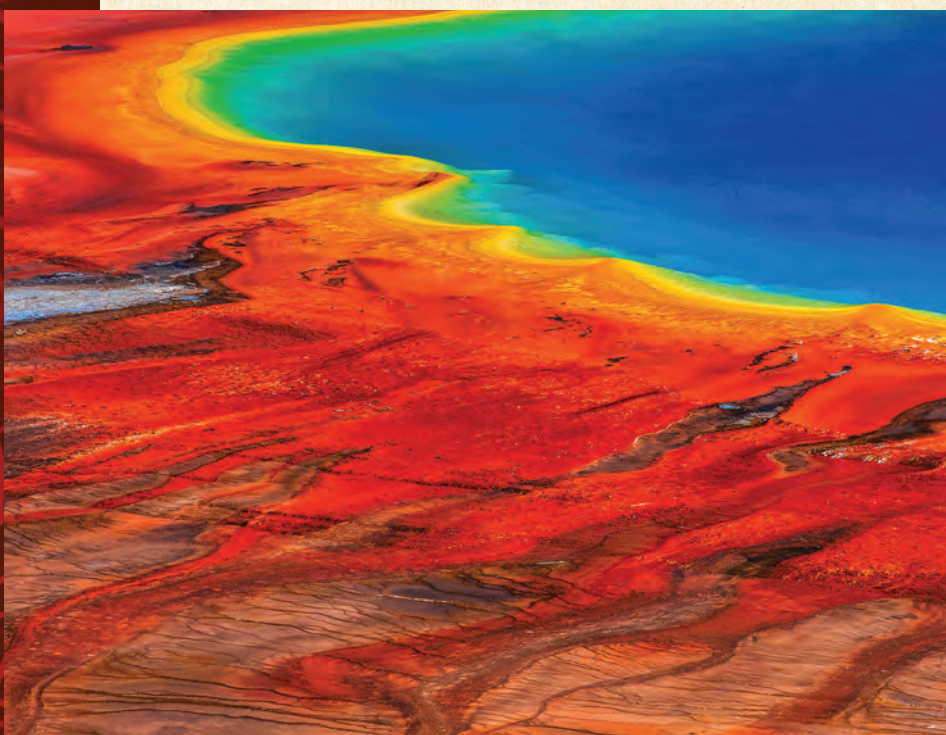
TO BETTER HELP YOU UNDERSTAND THE DEPTH OUR PREDICAMENT, I LAY BEFORE YOU THE CAMPS IN WHICH WE LIE:

CAMP SIAM (SOUP IS A MEAL)	CAMP SINAM (SOUP IS NOT A MEAL)
<p>ALLISON: "In my opinion soup is a light meal. To become a hearty meal it would need to be eaten with bread or, depending on the soup, a grilled cheese sandwich. Stew, on the other hand is a much heartier type of soup and would meet the criteria of being a meal in my eyes."</p> <p>SHAE: "Soup isn't just a meal, it's comfort, a warm hug, reassurance, and a friend all in one bowl. It fills the heart, body, mind, and soul. What more could you ask for in a meal?"</p> <p>BRITTINI: "Soup IS a MEAL. Not only is it a meal, but it is also a very diverse meal! According to google, there are at least 4 types of soup: thin, thick, cold, and national. And within those categories, there are hundreds of varieties! Now depending on how hungry you are, or what variety of soup it is, it may not be the best choice for the most substantial meal at the time! But it is still a meal! Soup has literally sustained mankind from the beginning of time. In my opinion, soup is a LEGENDARY meal!"</p> <p>TARA: "Soup is definitely a meal! Here are just three reasons why: Multiple cultures regularly eat soup as meals: Russians, Chinese, Thai and many more. Some of these cultures even eat soup for breakfast. There are many restaurants (where you go to eat a meal) that specialize in soup: My personal favorite is The Boiling Point for Taiwanese Hot Pot soup. A close second would be Simply Pho. Every state has their own Ramen restaurants; Hinodeya Ramen Bar is one of the best in California. Finally, both Seinfeld and Anthony Bourdain agree with me that soup is a meal." <i>"Soup is elemental, and it always makes sense, even when the world around us fails to."</i> - Anthony Bourdain</p>	<p>MATT: "A 64-year old male presented for lunch at the typical hour (lunchtime) for an observational study (n=1). Patient denied having been exposed to breakfast, but was known to be recovering from COVID. A large bowl of hot vegetable beef soup was administered. Patient was still hungry, and consumed antipasti (meat, cheese, and olives) before returning to work. Conclusion: Hypothesis that "soup is a meal" was NOT supported by the available evidence. Further experimentation is required."</p> <p>CHRIS: "I do believe there should be some clarification, but most thin, stock-type soups aren't a meal, they are more like a beverage. Stews and chili are much thicker and therefore classified as a meal. Plus, when you go to a restaurant, Soups & Salads are listed together, usually where the appetizers are, and never under the entrees. In order to classify a soup as a meal, bread, grilled cheese, or crackers need to be included to make it filling and hearty. I guess all this boils down to, it's your choice whether it's a meal or not. If it fills you up and satisfies your appetite, call it a meal."</p> <p>NICHOLE: "1. It doesn't matter how much water you drink. You may feel full, but you still didn't eat a meal. 2. Soup needs other foods paired with it to make it a meal, therefore, by itself it isn't a meal. 3. You would struggle surviving off of soup if it was the only thing in your diet." See below: <i>"The concept of eating soup to lose weight has spanned decades, but experts say an all-soup diet lacks nutrients and is not sustainable. They do agree it can be smart to eat vegetable-packed soups for some meals, though, as these are filling, nutrient-dense, and low in calories."</i>—Chrissy Carroll, RD, MPH</p> <p>ASPEN: "If you consider the way we use the word "soup," it doesn't qualify as a meal. You don't say, "mmm, I feel like soup, lets get ramen/pho (even though they are both types of soup). You just say "I feel like ramen/pho." When I think of soup I think of cheddar and broccoli, tomato, chicken noodle, or corn chowder, all of which should definitely have some sort of bread on the side for dipping."</p>
CAMP SWITZERLAND	
<p>TYSON: "Much like Schrodinger's Cat, soup both exists as a meal, and not as a meal. However, I raise you THIS question: Is cereal a soup?"</p>	



We beg your aid. None can help but you. Grace us with your magnanimous voice, and tag us @rcherbals on social media with your thoughts.

WHAT IS BARBIE'S MIDDLE NAME? _ _ _ _ _



WINDOW OF WANDERLUST

GRAND PRISMATIC SPRING // YELLOWSTONE NATIONAL PARK, WY
@ABBIEWARNOCKMATTHEWS

WORDS & WISDOM

- Matt -
Herbal Head Honcho
One of my mother's favorites:

"You wouldn't worry about what other people think of you if you realized how seldom they do."

-Eleanor Roosevelt

Each of us has enough troubles to keep us pretty busy — we don't often think of others, and when we do, sadly, it's often in superficial and judgmental ways. We should do what makes us happy, regardless of what others think.

HOMESPUN

Clark's Dessert

There's a special place in my heart — and cookbook! — for recipes that garner enough love and attention to warrant being named after a loved one. In my family alone, we have Grandma's Lasagna (my wife's grandma), Mann Chicken (named for my brother-in-law), Mirriam's Dinner Rolls (my cousin), and DeAnn's Mac Salad (my aunt), just to name a few.

In the same vein, today's shared recipe is a delicious cherry cobbler and it was named for my late Uncle Clark. He was a career truck driver with a hearty appetite, and his taste in amazing desserts was absolutely impeccable.

I hope you enjoy my uncle's cobbler as much as my family and I do.



-Nick | Beardless Techie Mentor

INSTRUCTIONS

- Preheat oven to 375 degrees F.
- Mix cherry pie filling and crushed pineapple in a deep 9"x13" baking dish.
- Pour cake mix into separate medium mixing bowl and cut butter into mix.
- Stir vanilla into prepared mix.
- Top fruit mixture with buttered cake mix.
- Carefully place dish in preheated oven and bake for 25-35 minutes, or until topping is golden brown.
- Let cool for at least 1 hour (it's extremely hot when it comes out of the oven).
- Enjoy with a scoop of vanilla ice cream.

Share if you must.



RECIPE

- 2 - 20-ounce cans cherry pie filling
- 1 - 20-ounce can crushed pineapple (drained)
- 1 - box of white cake mix
- 1 - stick of unsalted butter
- 1 tsp vanilla extract

**.COUNT.
memories
NOT
Calories**

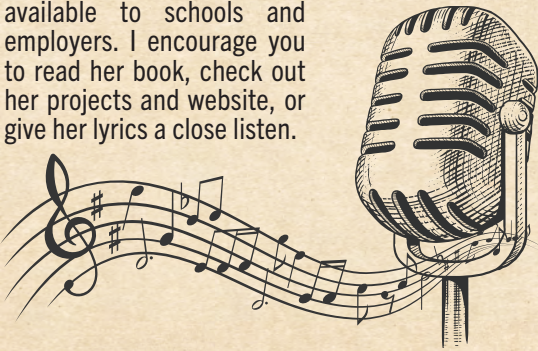
CREW CRAZE

JEWEL

-Shae | Customer Service Queen



I grew up listening to Jewel. I loved her music, and it got me through some tough times. I didn't know there was more to this artist until 2022 when I listened to a podcast with her featured on it. She is an incredible and deep woman with so much wisdom. I immediately got her book on Audible called *Never Broken - Songs Are Only Half the Story*. She has an eye-opening story and offers great perspectives on life. She also has other books out and established Project Clean Water in 1997 which works to provide clean water on a global scale. In addition, she launched Higher Ground for Humanity, an organization focusing on education, sustainable improvements, and building alliances in other countries. Her most recent project has been creating emotional health curriculums, which she is trying to make available to schools and employers. I encourage you to read her book, check out her projects and website, or give her lyrics a close listen.



BLACK COHOSH

FIELD GUIDE

Popular in TCM and Native American medicine, black cohosh is often marketed toward women today. Studies indicate black cohosh may help older women with occasional sleeplessness, temperature regulation, and vasomotor complaints. Research suggests there may be a benefit to black cohosh for falling asleep and staying asleep throughout the night. This herb was introduced to Europeans by the Native Americans, who had many uses for the plant. This herb is not recommended for pregnant women, as it has been used for centuries to try and jumpstart the labor process. You will find black cohosh in RidgeCrest Herbs' DreamOn™ Zen

DIY HERBALIST IDEA

Make a black cohosh tincture to use during your hormonal cycle's challenging times!



ACTAEA
RACEMOSA



SCAN TO
LEARN
MORE

PRODUCT SPOTLIGHT



SINUS CLEAR COMPLETE SINUS SUPPORT

You usually don't think about clear sinuses when you have them but immediately notice when they are gone. This works in much the same way you don't see how much work it takes to get your kids to school until your wife is at a DoTerra conference during Spirit week. SinusClear is one of the founding botanical formulas from RidgeCrest Herbs' first slew of products in 1993. SinusClear® is specially formulated to help support the body's ability to keep nasal passages and airways clear. Packed with herbs to dry and soothe the throat and nasal passages, SinusClear® stands apart from the crowd with its unique approach. With drying and cooling herbs like bromelain (one of my favorites), eucalyptus, mullein, angelica, and eucommia, our formula

also contains zinc and Vitamin C for extra nutritional support. SinusClear won its first award in 2021, joining our many other award-winning botanical formulas by earning the Taste For Life Magazine's Immunity Essentials Award for Sinus Relief.

SinusClear can be used in conjunction with ClearLungs or Airway Clear if needed. Regardless of the combination, SinusClear is an excellent choice for daily supplementation or short-term for temporary support, like when your desire for the perfect cherry-blossom Instagram post blinds you to the reality of that much pollen in your face. Because, frankly, flowers are inconsiderate to human sinuses at best and devilishly vindictive for the flower-murder industrial complex at worst.



FAMOUS SINGER _ _ _ _ _ 'S CHILDHOOD NICKNAME WAS LITTLE NONNIE

DECEMBER | 2023

12^{TUE}
12^{WED}
12^{THU}
12^{FRI}
12^{SAT}
12^{SUN}
12^{MON}

SUN MON TUE WED THU FRI SAT

"If you are having trouble getting started on a task you know you need to do, set a timer for five, ten, or fifteen minutes. Promise yourself you only have to do it until the timer goes off. You will likely find you can keep going until it's done once you've started." - Aspen

1
National
Christmas
Lights Day

2
EARMUFF
DAY

3
INTERNATIONAL
DAY OF
PERSONS
WITH
DISABILITIES

4
Wildlife
conservation
Day

5
*Kram-
pus-
nacht*

6
NATIONAL
GAZPACHO
DAY

7
PEARL
HARBOR
REMEMBRANCE
DAY

8
PRETEND
TO BE
A TIME
DAY

9
*Chanukah
Begins*

10
HUMAN
RIGHTS
DAY

11
INTERNATIONAL
MOUNTAIN
DAY

12
GINGERBREAD
HOUSE
DAY

13
NATIONAL
COCOA
DAY

14
MONKEY
DAY

15
International
Tea Day

16
BOSTON
TEA
PARTY
DAY

17
Wright
Brothers
Day

18
ANSWER
THE PHONE
LIKE BUDDY
THE ELF DAY

19
NATIONAL
EMO DAY

20
International
HUMAN
Solidarity
DAY

21
WINTER
SOLSTICE

22
NATIONAL
COOKIE
EXCHANGE
DAY

23
*Human
Light
Day*

24
*National
Egg Nog
Day*

25
CHR
IST
MAS

26
KWANZAA
BEGINS

27
*International
Day of
Epidemic
Preparedness*

28
NATIONAL
CALL A
FRIEND
DAY

29
NO
INTERRUPTIONS
DAY

30
FESTIVAL OF
ENORMOUS
CHANGES
AT THE LAST
MINUTE

31
New
Year's
Eve



- GROVE COLLABORATIVE -

In 2020, I could not find my regular cleaning supplies at the store. However, I had heard of the Grove Collaborative, and I decided to sign up to get the cleaning supplies I needed. Grove creates and curates uncompromisingly healthy, effective, ethically produced, and cruelty-free brands. As I have used their service, I have tried different eco-friendly choices to see if I can work them into my household maintenance routine. It has been a great and easy way to make better choices in the products I bring into my house.

-MELISSA | DIRECTOR OF OPERATIONS

THE ORIGINAL NAME FOR SEARCH ENGINE GOOGLE WAS _ _ _ _ _

Mind, Body, Soul.

EPIGENETICS

-Meagan | AR/AP
Treasure Dragon

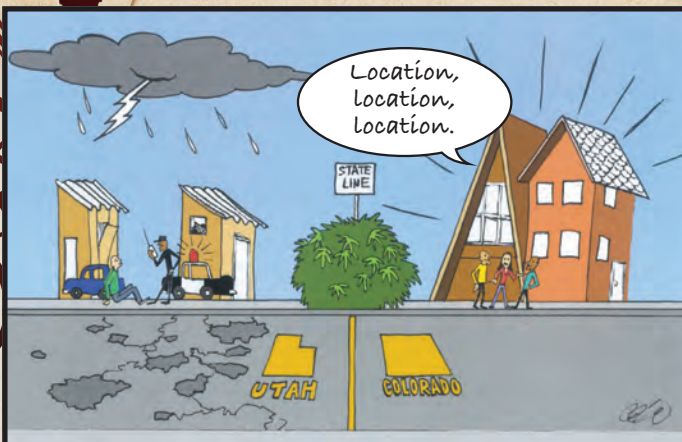
We are shaped by the genes we inherit, but a new field of scientific study, Epigenetics, is revealing we pass down more than just our genetics.

According to the Center for Disease Control and Prevention (CDC), "Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work." In other words, your experiences can shape your genes enough to pass those changes down to your children. This has far-flung social implications for those experiencing poverty, racism, abuse, homelessness, and other forms of systemic trauma.

Researchers are producing a steady stream of studies on animals and humans that replicate these findings. For example, one 2013 study conducted on mice found an intergenerational effect of trauma associated with scent. The researchers blew a cherry blossom scent through the cages of adult male mice while zapping their feet with an electric current. After several repetitions, the mice associated the smell with pain. Not long after, the males were bred. When their pups smelled that same cherry blossom scent (without being submitted to any pain), they experienced increased nervousness. They were jumpier than the pups of fathers who hadn't gone through the experience. This behavior was repeated with the grandpups.

The experiment continued. Pups of traumatized fathers were then raised by unrelated mice who weren't familiar with the cherry blossom scent to rule out the pups' learning behavior from their parents. This sensitivity to the smell was linked to epigenetic modifications through sperm DNA.

Now, here is the coolest part of this study: the same mice who were conditioned to fear the cherry blossom scent were later desensitized to the smell — in other words, their trauma was healed. Researchers found their sperm then lost the characteristic "fearful" epigenetic signature. The new pups of the desensitized males also no longer showed sensitivity to the scent. How amazing is that? This is excellent news because, unlike genes, we can change or reverse epigenetics. While this is a young science and can be controversial at times, I believe it will shed insight into how the experiences of one generation can affect the next.



ORG-ANTICS

- CAREL P. BREST VAN KEMPEN

WHEN ELEANOR ROOSEVELT MARRIED FRANKLIN DELANOR ROOSEVELT, SHE WAS GIVEN AWAY BY HER UNCLE _ _ _ _

WEIRD, WILD &

WONDEROUS



UNDERWATER COMMUNICATION

-Shae | Customer Service Queen

Did you know a sperm whale can be heard an estimated 10,000 miles away? Sperm whales, also called cachalot, are the largest-toothed predator and loudest animal on earth; their vocalizations are about 230 decibels.

To put this into perspective, the human eardrum will burst at 150 decibels, and an estimated range of 180-200 could even cause death. Water amplifies all that is heard, making a whale's sounds even more intense. Their clicks are so powerful, nearby underwater divers can feel the resulting vibrations pulse through their bodies. You can rest easy, though: despite owning this death sound superpower, sperm whales are unlikely to use it to kill a human.

One sound can mean quite a lot. Each click a sperm whale makes may contain a whole paragraph of information. These clicks they create are part of the whale's language, and they can be used to locate objects around them by reflecting their sounds off the water, called echolocation.

These whales are far from the only animals that communicate underwater. Other sea dwellers do so using a variety of visual, auditory, tactile, chemical, and electrical signals. Sharks, for example, have highly sensitive hearing and can hear up to 820 feet away. They can hear low frequencies that are not audible to humans. Octopus and other cephalopods like squid have an organ called the statocyst for hearing and balance, while dolphins communicate using high pitch whistling and clicking, helping them both communicate and gain a sense of their surroundings.

It is fascinating to learn how other inhabitants of this planet communicate!

SUPPORTING INVISIBLE ILLNESS



-Aspen | Trainer of The
Things & Herbal Authoress

An estimated 96% of chronic illness is invisible. So why do so many in the disabled and chronically ill community struggle to access proper healthcare and support? We live in a society that favors non-disabled people over those that are disabled. Your loved ones need your support and understanding more than you may realize. One way to show those with invisible illness you support them is by deconstructing how the world treats them differently and how your own assumptions may affect your view of them.

PERSONAL TIES

I grew up hearing stories about how my aunt was lazy and couldn't be bothered to get a job, how she faked illness to avoid responsibility, and that she was a leech to the government and my grandmother. I didn't challenge that narrative until I was nearly 40 years old. I learn several of my cousins have been diagnosed with Ehlers-Danlos Syndrome (EDS). When I learned that EDS ran in that side of my family, I realized my aunt was likely truly disabled and always had been. The way she was discussed in my family was inexcusable and ableist (ableism = discrimination in favor of non-disabled people).

SHARED EXPERIENCES

Unfortunately, people with a chronic invisible illness can struggle to get diagnosed and receive the support they need. While the cause of their chronic illness or disability can vary widely, members of the disabled community report shared experience in a world that can be cruelly ableist.

Some of experiences I have heard from friends include:

- Being told it's psychosomatic, a panic attack, or for attention
- Being told losing weight would fix their health issues
- Being told they couldn't be in pain while smiling
- Being yelled at by strangers for using handicapped parking
- ER visits because their family didn't believe they had a food allergy
- Being reprimanded for leaving meetings to throw up
- Fainting after a non-disabled person refused to give up a seat on public transport

The mental burden of chronic pain an illness can be excruciating. You have so many experiences stripped from you, stuck in a body that has betrayed you. It can make your disabled loved one understandably stressed, depressed, bitter, or angry.



HOW TO SUPPORT

So, what can you do to support your loved one with an invisible illness? A few suggestions:

- Believe them. Even if they don't look sick to you, challenge yourself about why you think that. What assumptions are you making? Consider this before you challenge them about their lived experiences, and then...just don't.
- Be flexible without judgment. They get judged a lot for canceling plans or not being able to do as much as non-disabled people. Be a safe space for them. Make plans knowing they may change or get canceled. Let them know there will be no repercussions if they cancel.
- Offer support, not advice. Ask them what they need, rather than making suggestions. Don't assume you know what they want or need better than themselves.
- Be patient. People with invisible illness may worry about frustrating you. Remind them often they don't need to apologize for taking care of themselves and their health.
- Have conversations about what you can do to support. Asking for help can be uncomfortable. Communicate what you are able to help them with, and make a plan. It may be more tiring to explain what needs done than to just do it themselves. Having access to their Google calendar, grocery list, or to-do list could help ease the burden of communicating. You can pick up their groceries or prescriptions while you are out running your own errands.
- Be considerate of their energy and needs. Check in regularly on how they are feeling when you spend time together, and let them know that if they need you to leave so they can rest, it's safe for them to say so. If you enjoy giving gifts, focus on things to make their lives easier, like subscriptions or devices that make tasks easier. Consider their allergies, scent sensitivities, and how functional the gift will be for their specific needs.
- Do your research on your own time. You can show you care and support them by proactively learning about their condition without giving them more work.
- Avoid toxic positivity. It's okay to not be okay. You don't have to always be positive, and when someone is chronically ill, being told they need an attitude adjustment or to look on the bright side can feel extremely dismissive.

Everyone deserves people they can feel safe around, especially when they live at a distinct disadvantage in our society. By challenging your own assumptions and learning to provide support in the way your chronically-ill loved one needs it, you can be a safe space for them.

MAKING A FAMILY COOKBOOK



-Will | Ginger Beard of Power

Nothing prepares you for the emotions and love that can result when you pull out your great-grandma's bread or meatloaf recipes. It's natural to want your children to experience those same feelings, so you might consider compiling a family cookbook. A family cookbook passes down the nostalgia attached to your favorite childhood recipes, creating innumerable connections to the past. I hope these five tips enrich your life and serve to benefit future generations.

STARTING YOUR FAMILY COOKBOOK

Start this process now. You may think, "But I don't have recipes yet." The actual recipes are not as important as you would think, at least not right away. First, determine how you will keep and build your book. Make it as professional or as simple as you prefer. Write it by hand in a spiral notebook, create a set of short videos, or make audio recordings (just imagine how your grandchildren would feel hearing your voice). I recommend going the digital route, so you can easily share or invite family to add to your book from any place they have the internet. It is destined to become a priceless heirloom.

LOOK TO FAMILY MEMORIES FOR INSPIRATION

Think of traditions in your family and those who play a part. You may end up with stories of aunts that made funny jello salads for holidays or staple casseroles grandma used to take to neighbors celebrating a new baby. Try hard to describe your memories — how you felt, the smells you recall, what you noticed — as it will help set the scene.

Consider who you may need to reach out to for the recipes you remember. Send that person an email to set up a time to call. Explain in advance what you are looking for so they have time to prepare and find old recipe cards long forgotten. Such cards will often have handwritten notes like "no walnuts if Gus is coming," serving as priceless peeks into the past. You can add their favorite sayings, photos, or stories alongside the recipe for extra memories. Also, leave room for you to make your own notes, since times and tastes change. Like theirs, your notes can shine light the evolving family culture.



NEVER CALL YOUR FAMILY COOKBOOK FINISHED

There is no rush to finish this cookbook, even if you've made a print edition. Keep it an open project, especially in your mind and thinking. Be ready to add to it anytime. By allowing your book to evolve, you can add notes and memories as they surface, such as "Grandpa Christensen could not cook anything edible, but he was a great fisherman. Here are photos of a fishing tip that needs to be remembered, along with grandma's catfish fry recipe." These anecdotes keep loved ones in your memories later. Try interviewing your grandparents or parents about people before your time. Old folks want to talk and love company. They will want to share important facts and stories with you.

PASS YOUR COOKBOOK DOWN

You may wish a younger family member would take over this project. Just start it and give it to them when you are ready. Memories and stories of our ancestors are priceless. What were they like? How did they cook and find joy in life? Together, if given and received as a living project, this labor of love will enrich the lives of future generations, keeping them rooted in their past as they experience the future.





FANTASY CANYON // UTAH
© ABBIEWARNOCKMATTHEWS

WINDOW OF WANDERLUST

WORDS & WISDOM

-Shae -
Customer Service Queen

**"Don't look away.
Don't look down. Don't
pretend not to see hurt.
Look people in the eye.
Even when their pain is
overwhelming. And when
you're hurting and in
pain, find the people who
can look you in the eye."**

*-Brene Brown,
Atlas of the Heart*

In a world that is so disconnected,
we must remember to stay
connected, even, and especially
when, it's uncomfortable.

HOMESPUN

Chia Pudding

My young family (wife & 3 boys) and I are constantly on the go and pressed for time. In order for us to maintain peak wellness and alertness each day, we need healthy, simple snacks that we can prepare, grab, and go.

Enter chia pudding. Native to Mexico and Guatemala, chia was a staple food for the Aztecs and Mayans. "Chia" is the Mayan word for strength. Chia has a stacked nutritional profile and is widely regarded as a superfood. Here's what you'll find in just two tablespoons of the seed:

Calories: 138
Protein: 4.7 grams
Fat: 8.7 grams
Alpha-linolenic acid (ALA): 5 grams
Carbs: 11.9 grams
Fiber: 9.8 grams
Calcium: 14% of the Daily Value (DV)

Iron: 12% of the DV
Magnesium: 23% of the DV
Phosphorus: 20% of the DV
Zinc: 12% of the DV
Vitamin B1 (thiamine): 15% of the DV
Vitamin B3 (niacin): 16% of the DV

Since chia pudding is high in healthy fats, fiber, protein, and major minerals, it can keep you fueled for hours. You can also save time by preparing and storing it in the fridge for up to a week. Chia absorbs liquid and forms a gel, which can also thicken sauces or be used as an egg replacement. Instead of reaching for an unhealthy snack, try this healthy one instead. Chia pudding makes a great morning meal, afternoon snack, or post-dinner dessert!

Credit for Recipe: <https://feelgoodfoodie.net/recipe/3-ingredient-chia-pudding>



-Chris | Director of Sales

This pudding recipe requires only three ingredients and 5 minutes of prep time.

RECIPE

2 tablespoons chia seeds

1/2 cup almond milk or milk of choice

1 teaspoon honey, maple syrup, stevia or another sweetener, optional Strawberries, blueberries, or other fruits for topping

Optional: Add spices such as cinnamon, pumpkin spice, nutmeg, and ginger

INSTRUCTIONS

Pour ingredients into a jar and mix well. Let settle for 2-3 minutes, then mix again very well until you no longer see any clumping. Cover the jar and store it in the fridge overnight or for at least 2 hours. Top with your favorite fruit, oats, nuts, or seeds and enjoy it cold!

Substitutes: Use any milk or sweetener of your choice. Storage: Store pudding in an airtight container in the fridge for up to 1 week.

Sourcing: Chia seeds are usually in the bulk section of the supermarket or near the cereal.

Reference: This chia pudding recipe will fill up about half an 8-ounce wide-mouth mason jar, which leaves room for toppings.

USING THE (LETTERS) IN THE PAGE PUZZLES ON THE FOLLOWING PAGES, SPELL OUT THIS SENTENCE:

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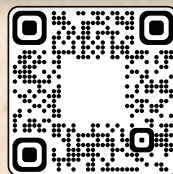
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